

## **Forget-Me-Not Spotlight**

### **Mayo Clinic on Alzheimer's Disease**

By the Alzheimer's Experts at Mayo Clinic

A review by Shannon Nosbisch, C.D.P., co-founder of Effingham Area Alzheimer's Awareness

Mayo Clinic is known as one of the leading hospitals in the country. In this book, they provide a lot of information about Alzheimer's disease and other dementias.

This book is divided into five parts. In "Part 1: Aging and dementia", the first chapter talks about what typical aging is – both physical and cognitive. Chapter 2 discusses abnormal aging, dementia and other causes of dementia-like symptoms. Chapter 3 is all about diagnosis of abnormal signs and symptoms – what tests to expect, other diagnostic procedures, other conditions, identifying the cause.

"Part 2: Alzheimer's disease" has 6 chapters that talk about all aspects of Alzheimer's disease, Mild cognitive impairment, treatment and research trends.

"Part 3: Causes of Dementia other than Alzheimer's" discusses some other types of dementia that are not as prevalent as Alzheimer's disease. These include chapters on Frontotemporal degeneration, dementia with Lewy bodies, Vascular cognitive impairment and one chapter on a few others – Normal-pressure hydrocephalus, Huntington's disease and Creutzfeldt-Jakob disease.

Chapters 14 and 15 are in "Part 4: Promising strategies to improve cognition". These chapters discuss the latest research on staying mentally sharp and keeping a healthy lifestyle. Following these guidelines may not prevent dementia, but they may help to build up your brain and delay symptoms, but keep your mind sharp.

Probably the most important part of this book is the "Action Guide for Caregivers". These 10 sections are for caregivers, educating and helping them become the best caregiver they can be. Some of the topics in these 10 sections are making a care health concerns, being good to yourself.

*Mayo Clinic on Alzheimer's Disease* is a very informative resource for caregivers and families that covers all aspects of dementia. It is your guide to understanding, treating, coping and caregiving. Check it out!

*This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.*