

Alzheimer's Disease

Alzheimer's Disease is the most common type of dementia. Dementia occurs as a result of changes in the brain that affect a person's ability to think and remember. It can become severe enough to affect daily activities.

Alzheimer's Disease is not a normal part of aging. No one knows what causes Alzheimer's Disease, but much research is being done. You may be more at risk if you had a family member with the disease.

Signs

The signs start slowly and can vary or worsen over time. A person cannot control the signs. Treatment can help, but it does not cure the disease.

Signs may include:

- Memory loss, especially about recent events
- Confusion about time and place
- Poor judgment
- Trouble learning new information
- Changes in being able to do such things as drive, handle money, take medicine, cook, dress, and bathe

Your Care

Your doctor may order tests to check your brain such as a CT scan, a MRI or a PET scan. Your doctor may also:

- Use tests to eliminate other causes of memory loss and confusion
- Look at the pattern of memory loss and the person's awareness of the changes

阿兹海默症

阿兹海默症是最普通的痴呆类型。痴呆的发生是由于大脑变化影响了思维和记忆能力。病症可变得很严重，影响日常活动。

阿兹海默症不是年龄老化的正常一部份。无人了解阿兹海默症因何而起，但是这方面的研究正在大量进行。如果有一位家人患有此病，您患此病的风险可能较高。

征兆

征兆慢慢地开始，可能不同或不断恶化。患者不能够控制征兆。治疗有所帮助，但是不能治愈病症。

征兆可能包括：

- 记忆丧失，尤其是有关最近事件的记忆
- 对时间和地点的意识混乱
- 判断力差
- 接受新资讯有困难
- 做事情的能力有改变，例如开车、处理钱财、服药、烹调、穿衣以及洗澡等

您的护理

医生可能安排您接受脑部检查，例如 CT 扫描检查、MRI 或 PET 扫描检查。另外，医生可能还会：

- 用测试排除引起失忆和意识混乱的其它原因
- 注意失忆的特点以及患者对变化的认知

- Get a list of medicines and information from the family
- Do a physical exam
- Check the person's mental status by asking memory and thinking questions

There is no cure for Alzheimer's Disease, and it will not go away. Medicines may help with some of the signs or delay the progress of the disease. Other medicines can treat problems with sleeping, depression, or nervousness. Exercise, good nutrition, and social activity are also important.

For more information and support contact:

Alzheimer's Association

- 24-Hour Helpline 1-800-272-3900
www.alz.org
- Central Ohio Helpline (614) 457-6003
www.alzheimerscentralohio.org

Talk to your doctor or nurse if you have any questions or concerns.

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- 从家人那里获得药物和资料列单
- 做一次体检
- 通过询问记忆和思考方面的问题检查患者的精神状态

阿兹海默症无治愈良方，病症不会消失。药物可能对某些征兆有帮助或可延缓病症进展。其它药物能治疗睡眠、忧郁或神经过敏方面的问题。锻炼、良好的营养和社交活动也很重要。

若需更多信息和支持，请联络：

阿兹海默症协会

- 24 小时求助热线 1-800-272-3900
www.alz.org
- 俄亥俄州中部地区求助热线 (614) 457-6003
www.alzheimerscentralohio.org

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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Alzheimer's Disease. Simplified Chinese.