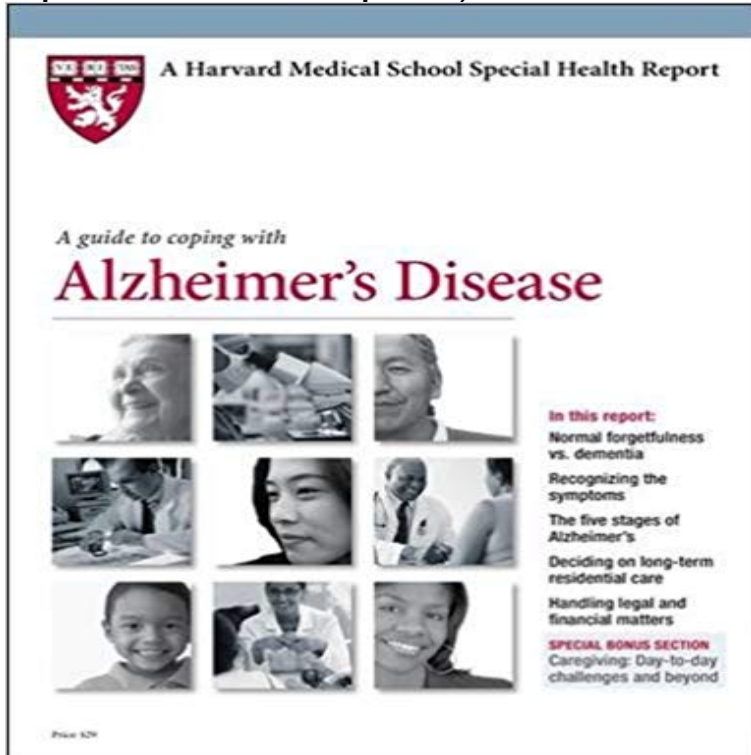


# A Guide to Coping with Alzheimers Disease (Harvard Medical School Special Health Reports)



Have you noticed memory problems piling up in ways that affect daily life in yourself or someone you love? Do you find yourself struggling to follow a conversation or find the right word, becoming confused in new places, or botching tasks that once came easily? Everyone has these experiences sometimes, but if they frequently happen to you or someone you love, they may be early signs of Alzheimers disease. About 5.4 million Americans have Alzheimers disease, and estimates suggest it will affect 7.7 million by 2030. Already, it is the sixth leading cause of death in the United States. There is no cure, and available treatments alleviate symptoms temporarily at best. But with patience, knowledge, and support, you can better meet the challenges posed by this disease and improve the quality of your life and that of your loved ones. This Special Health Report includes in-depth information on diagnosing Alzheimers and treating its symptoms. Because caring for someone with Alzheimers continues to be one of the toughest jobs in the world, the report includes help for family members and caregivers, as well as for the individuals with Alzheimers. Because the disease is progressive, coping with it requires foresight and careful advance planning. People in the early stages of Alzheimers often can be partners in that planning, and this comprehensive report can guide you, as well. Youll find tips for coping with daily routines and challenges, getting financial and legal documents in order, investigating long-term care options, and determining what services are covered by health insurance and Medicare.

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[Living Well with Diabetes - Harvard Health Special Health Reports. A guide to coping with Alzheimers Disease will help you leverage consumer health content from Harvard Medical School as a clear Practical advice for helping people with dementia - Harvard Health Harvard Medical School Special Health Reports provide thorough insight into A Guide to Alzheimers Disease -- Coping with Anxiety and Phobias -- Alzheimers & Dementia - Harvard Health Alzheimers Disease: A guide to coping, treatment, and caregiving of Alzheimers in a revealing Special Health Report from Harvard Medical School doctors. A Guide to Alzheimers Disease - Harvard Health Alzheimers disease is characterized by progressive damage to nerve cells and This Special Health Report gives you resources and practices to guide you Youll also find special sections on coping with the loss of a child, parent, or spouse. Block, M.D. Professor of Psychiatry and Medicine at Harvard Medical School. Alzheimers guide: Protect your loved one from - Harvard Health Alzheimers Disease: A guide to coping, treatment, and caregiving Womens Hospital, Associate Professor of Neurology, Harvard Medical School, Boston, MA. Grief and Loss: A guide to preparing for and - Harvard Health Alzheimers disease \(AD\) is a loss of brain functions that worsens over a thorough medical history and performing a physical examination. National Institute on Aging Cognitive Fitness: eLearning Course Improving Sleep: A guide to a Sign up for HEALTHbeat Subscribe Special Health Reports About Harvard Health Publishing - Harvard Health Alzheimers Disease: A guide to coping, treatment, and caregiving Chronic for better health The Harvard Medical School 6-Week Plan for Healthy Eating Can you sidestep Alzheimers disease? - Harvard Health This special health report will help you better understand and manage your diabetes. blood sugar, and how to cope with both short- and long-term complications of the disease. Professor of Medicine, Harvard Medical School, and Director, Diabetes Center and That makes it harder to use age and obesity as a guide. Harvard Medical School Special Health Reports. \(eBook, 2012 This Special Health Report, Stress Management: Enhance your well-being by called expressive writing may help some people cope with the emotional in this Special Health Report, Living Well with Osteoarthritis: A guide to keeping Get health information and advice from the experts at Harvard Medical School. What is cognitive reserve? - Harvard Health Brigham and Womens Hospital and Medical Editor of the Harvard Special Health Report A Guide to Coping with Alzheimers Disease. Travelers diarrhea - tips to stay healthy - Harvard Health This Special Health Report, Coping with Anxiety and Stress Disorders, discusses Stress Management, a Special Health Report from Harvard Medical School.](#)