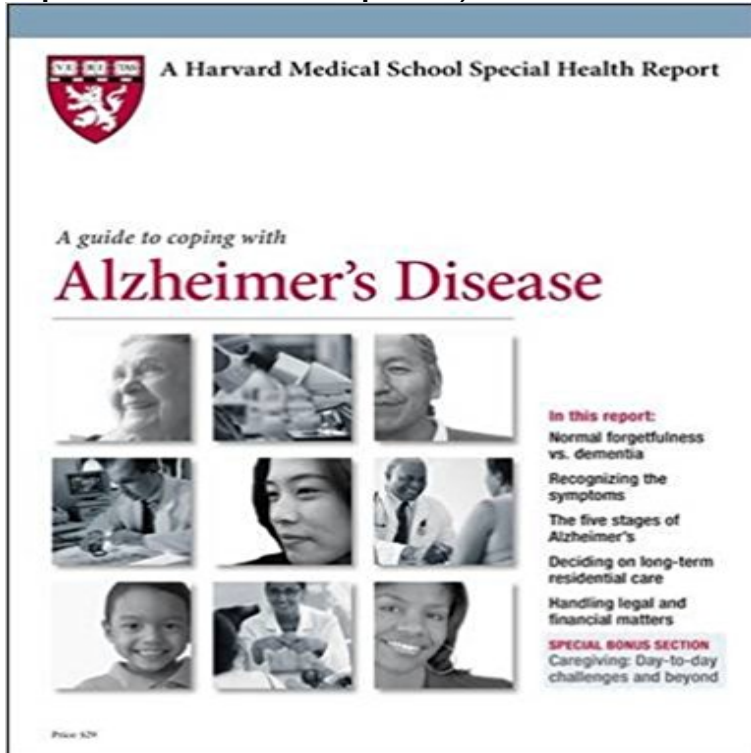


A Guide to Coping with Alzheimers Disease (Harvard Medical School Special Health Reports)



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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