

What Is Alzheimer's?



Alzheimer's disease is not a normal part of aging. It is a brain disease. Early detection is important because medication may slow the progression of the disease.

- Alzheimer's disease is a progressive disease that impacts the brain, destroying memory and thinking skills and eventually, the ability to carry out the simplest tasks of daily living. It is the most common cause of dementia.
- Alzheimer's is named after Dr. Alois Alzheimer, a German doctor. In 1906, Dr. Alzheimer described changes in the brain tissue of a woman who had died of an unusual mental illness. He found abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary tangles). These plaques and tangles are now considered the hallmarks of Alzheimer's disease.
- Alzheimer's usually starts in a region of the brain that affects recent memory, then gradually spreads to other parts of the brain. Although treatment can slow the progression of AD and help manage its symptoms in some people, currently there is no cure for this devastating disease.

Here for YOU

- Family Counseling & Care-Planning
- Education & Resource Referrals
- Caregiver Training
- FREE Local Helpline
- Support Groups
- Adult Day Services
- Advocacy & Research



Our Mission: To serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global prevention and treatment efforts.

Alzheimer's Tennessee, Inc. is the only local 501 (c)3 not for profit organization that has been HERE for families facing Alzheimer's since 1983. 100% of funds raised benefit Tennesseans facing Alzheimer's disease and related dementias by providing help and hope through care consultations, education, support groups, research and more.

www.alzTennessee.org

www.facebook.com/AlzTN

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Alzheimer's Disease Overview

We Are All Affected By Alzheimer's



Alzheimer's Disease Overview

Indicators of Dementia vs Normal Aging

Every case of Alzheimer's disease is different, but experts have identified common warning signs. A good support system is important for both the individual with Alzheimer's disease and their caregivers. Reach out to Alzheimer's Tennessee for assistance.



	Normal Aging	Possible Indicator of Dementia
Memory Loss	Temporarily forget names or where you left your keys.	Difficulty remembering familiar names, places, or recent or important events.
Disorientation	Forget the day of the week or why you entered a room.	Get lost on your own street or forget where you are and how to get home.
Challenged by Mental Tasks	Make a mistake when balancing a checkbook.	Unable to complete tasks that may be familiar to you such as balancing a checkbook or following a recipe.
Difficulty Completing Activities of Daily Living	Sometimes need assistance with an electronic device.	Need assistance with brushing teeth, getting dressed or using the phone.
Trouble Using Words Appropriately	Occasionally struggle to find the right word.	Difficulty completing sentences and following directions/ conversations.
Poor Judgment	Make questionable or debatable decisions at times.	Unsure how to dress or giving money to solicitors excessively.
Changes in Mood and Personality	Fatigued by obligations or irritable when a routine is disrupted.	Increased suspicion, withdrawal and disinterest.

If You're Concerned...

- Contact Alzheimer's Tennessee for further information and a referral to an assessment clinic.
- Not all memory problems are related to dementia. An assessment by a team of healthcare professionals will help to rule out other health issues.
- Obtaining an accurate medical diagnosis will help determine your individual treatment and assistance planning goals.
- Early diagnosis is very important. Medications currently available are most effective early in the disease process.

