

MENTATION





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Nevada Interprofessional Healthy Aging Network (NIHAN)

project is federally funded by HRSA Geriatric Workforce Enhancement Program (GWEP) to improve health outcomes for older adults by educating a healthcare workforce that maximizes older adult and family engagement and by promoting Age-Friendly Health Systems and Dementia-Friendly Communities to primary care clinics and their communities.

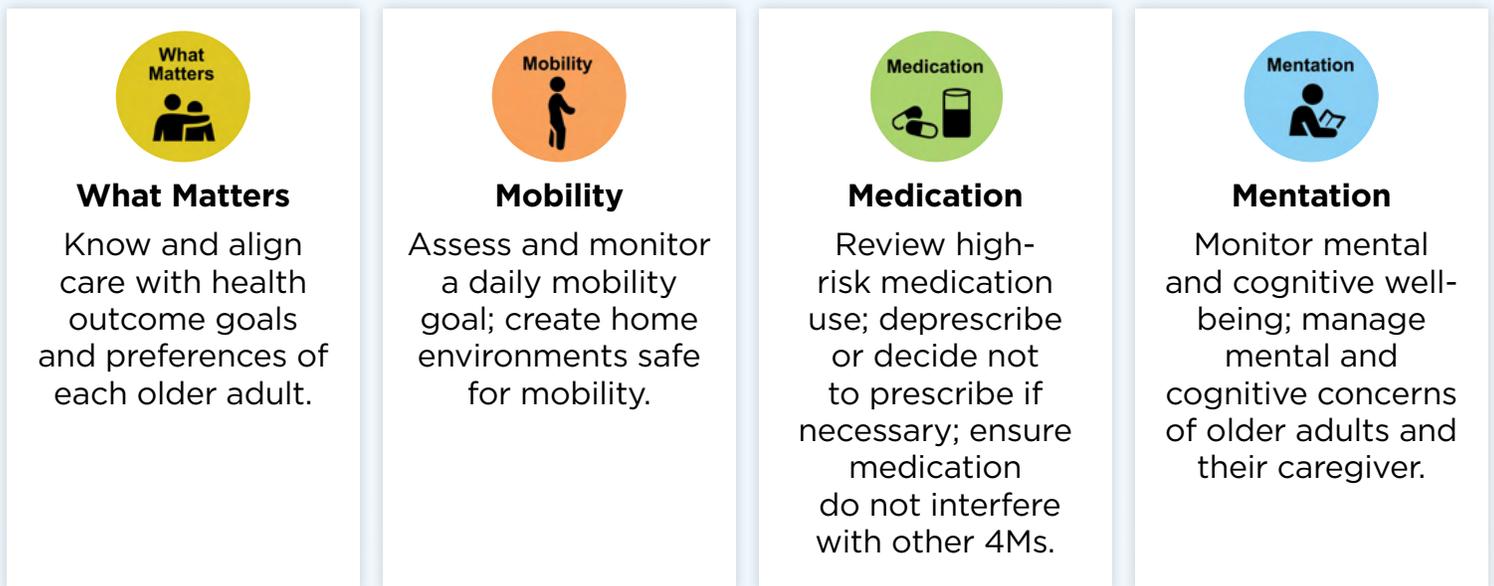
What is the 4Ms of Age-Friendly Care?



- **Age-Friendly Care** is health care that addresses your unique needs and wants.
- It's about **What Matters to You**.
- It can help you enjoy a **better quality of life**.
- It is care that is safe and based on **what research shows are the most important things** to pay attention to as we get older

The 4Ms: What Matters, Medication, Mentation and Mobility.

Element of the 4Ms Framework:



For more information and resources, visit:
<https://www.johnhartford.org/> and <http://www.ih.org>

NIHAN TIP SHEETS have been *developed by the NIHAN Education Committee* for the topics related to the 4Ms such as home health exercise to improve mobility, medications that often prescribed to geriatric patients with usage and side effects, educational information for brain health, memory loss, Alzheimer's symptoms, advance care planning, COVID-19 vaccines and safety tips, and so on. The NIHAN Tip Sheets provide useful resources and guidance for older adults and their caregivers to help older adults health and well-being.

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Ways to Maintain your Brain Health

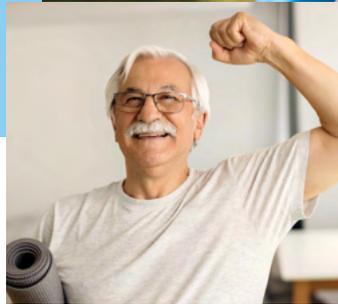
Source: The Cleveland Clinic Foundation,
Lou Ruvo Center for Brain Health.
www.HealthyBrains.org

Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health.

YOU ARE YOUR BRAIN. Without your brain, there are no thoughts, emotions, movement or memory. **Take care of your most powerful and unique organ** that works tirelessly for you by following these 6 principles for optimal health.



Staying motivated to exercise regularly can be a challenge. Set a regular time, exercise with a friend, and find activities that you enjoy. Anything that keeps you moving briskly for 30 minutes straight and gets you breathing fast can be good aerobic exercise—walking or hiking (not strolling), cycling, and pool exercises such as swimming are great.



1 GET MOVING

Make physical activity a priority

Brain health experts agree that people who exercise at least 150 minutes per week have a lower risk of developing memory loss. Include 4 components of movement—**aerobics, strength, flexibility and balance**—in 3-5 sessions per week for the best results

How it helps

- Improves blood flow and memory
- Stimulates chemical changes that enhance learning, mood, and thinking
- Reduces stress
- Improves sleep quality
- Promotes healthy aging

2 EXERCISE YOUR BRAIN

Mental Fitness

- As we age, it is important to continue to learn, embrace new activities and develop new interests that will help contribute to your brain's resilience.

How it helps

- May improve brain functioning
- Can promote new cell growth
- Could decrease likelihood of developing dementia



Find something you love

Whether traditional or online games, a new hobby or skill, or taking a class, new activities help your brain form new connections and strengthen existing ones. exercise regularly can be a challenge. Set a regular time, exercise with a friend, and find activities that you enjoy. Anything that keeps you moving briskly for 30 minutes straight and gets you breathing fast can be good aerobic exercise—walking or hiking (not strolling), cycling, and pool exercises such as swimming are great.

3 FOOD & NUTRITION

Include nutrients in every meal

You are what you eat. Foods rich in antioxidants and vitamins can help defend against harmful effects of lifestyle and environmental factors that may adversely affect your brain as it ages.

How it helps

- Can improve blood flow to the brain
- May help reduce inflammation that harms the brain
- May protect against the formation of unhealthy proteins in the brain

Choose unprocessed foods abundant in the Mediterranean diet—fresh fruit and vegetables; fish and other lean meats; nuts; whole grains. Avoid processed foods and foods high in fat or sugar. Avoid fad diets!

Cook and eat REAL food.



4 SOCIAL INTERACTION

Spend time with others

Staying in regular contact with family and friends is important for brain health. Studies show those with the most interaction with their community experience the slowest rate of memory decline.

How it helps

- Provides sources of support
- Reduces stress
- Combats depression
- Enhances intellectual stimulation

Cherish the family and friends you already have by spending time with them, but also look to begin new relationships with other people. Volunteering and joining clubs are easy ways to develop new interactions and friends.



5 SLEEP & RELAXATION

Sleep energizes you, strengthens your mood and immune system, and may reduce buildup of proteins that are associated with Alzheimer’s disease.

Getting a good night’s sleep (**7 hours or more is recommended**) will help your brain stay agile and flexible well into your golden years.

How it helps

- Increases energy
- Improves your mood
- Boosts the immune system
- May reduce buildup of an abnormal protein called beta-amyloid plaque, associated with Alzheimer’s

**You can
get better
sleep**



Exercise, get plenty of sunlight and maintain a healthy weight. Managing stress can also improve sleep. Develop a relaxing bedtime ritual that includes keeping your bedroom dark, avoiding any electronic screens (ie watching TV, scrolling on phone), and not eating or drinking within an hour of going to bed. If you still cannot sleep well or you are tired during the day, speak with your clinician—good sleep is a health necessity.

6 Ways to Maintain Your Brain Health

6 CONTROL OTHER RISKS

Keep your chronic health conditions in check

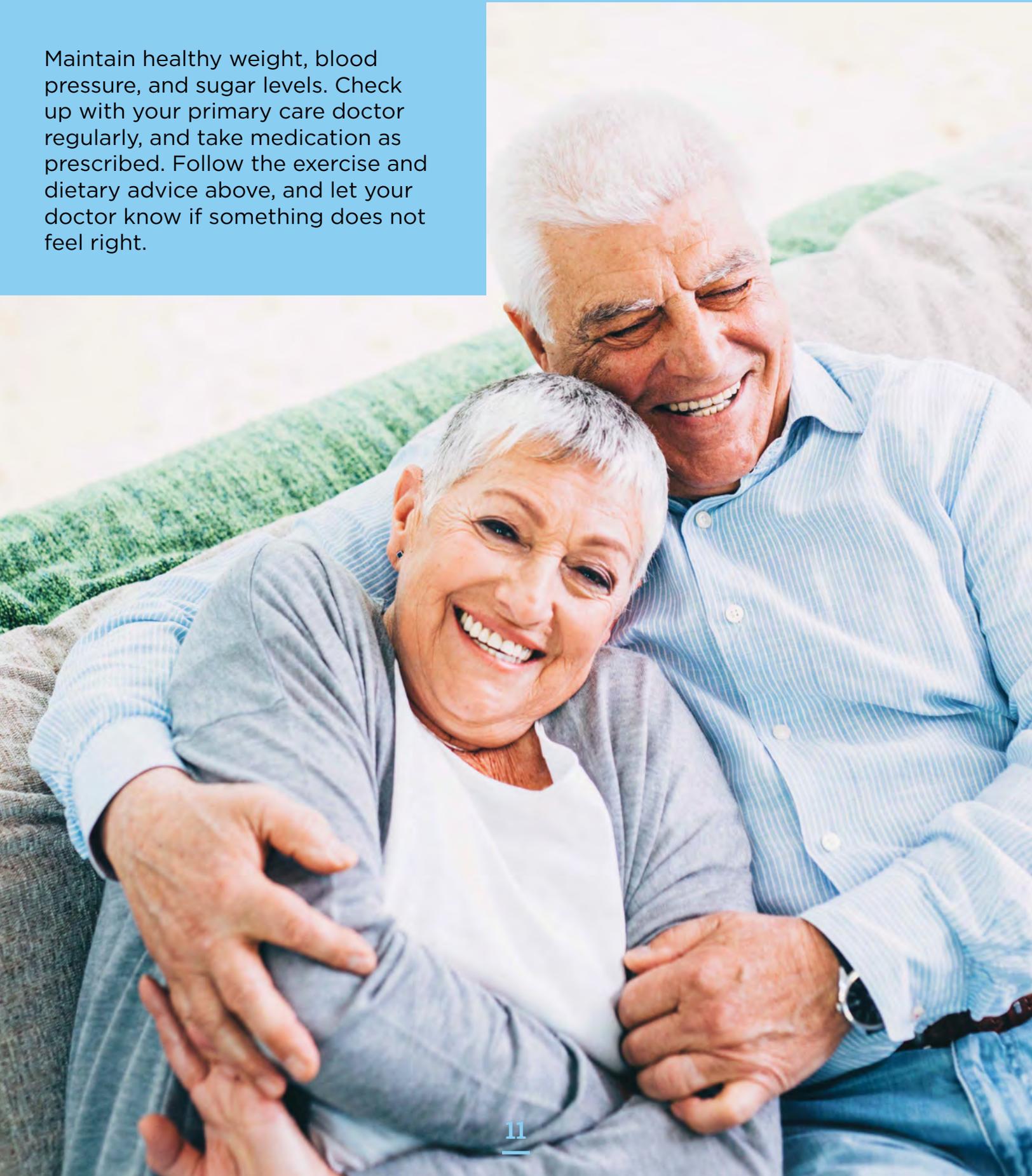
How it helps

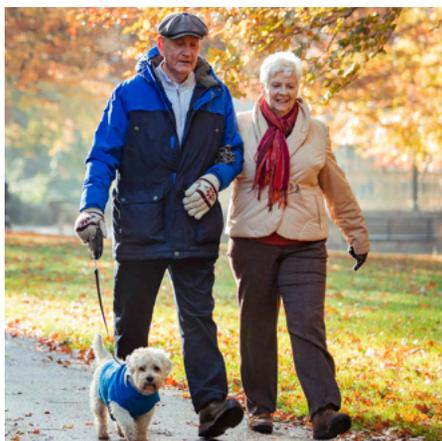
Controlling high blood pressure and diabetes, managing weight and treating depression are essential to good brain health. Many common medical conditions are linked to declining memory function.

- Hypertension can cause structural damage in the brain
- Diabetes increases the risk of developing dementia
- Being overweight makes you prone to develop diabetes and hypertension



Maintain healthy weight, blood pressure, and sugar levels. Check up with your primary care doctor regularly, and take medication as prescribed. Follow the exercise and dietary advice above, and let your doctor know if something does not feel right.





“MAKE MOVEMENT A PRIORITY”

Marwan Sabbagh, MD begins his day with a brisk run on his treadmill – even when he doesn’t want to. Dr. Sabbagh knows exercise increases blood flow to the brain, stimulates brain derived neurotrophic factor and other chemicals that improve memory, thinking and mood, helps reduce stress and promotes quality sleep.

“The evidence supporting exercise as the key to reducing risk for dementia and promoting healthy aging motivates me to overcome the dread of an early morning workout.”



“CHALLENGE YOUR MIND WITH BOOKS”

Dylan Wint, MD says he stays mentally sharp by reading challenging books which are thought provoking and stretch his imagination.

“Lately, I’ve been reading a historical fiction set in Europe during the late 17th century. It’s an entertaining way to learn about the religious, economic, and scientific “wars” of a particular time. I also enjoy contemplating the future by reading speculative fiction, which imagines what the near-future will be like with the widespread use of technologies that are currently or almost available.”



“ADD NUTRIENTS TO EVERY MEAL”

Jeffrey Cummings, MD starts his day with antioxidant rich foods and whole grains for breakfast.

“I use dried fruit on my granola to help reach my daily fruit goal – dried blueberries are particularly good.” To help maintain his heart and brain health, Dr. Cummings regularly boosts his intake of omega-3 fatty acids by eating fish several times a week. “Dover sole is my favorite.”



“PRACTICE MINDFULNESS”

Carrie Hersh, DO, MS leads a very hectic day caring for patients and managing our MS Wellness program. How does she wind down, release stress and get a good night’s sleep?

“I end my day with positive thoughts and gratitude, focusing only on the present moment. I aim to get 7-8 hours of uninterrupted, restful sleep every night.”



“MAKE IT A RITUAL”

Donna Munic-Miller, PhD. makes friendship part of her weekly routine.

“I try and get together every Saturday morning with my friend of over 20 years for an hour or so to connect, to vent, to share, and to laugh.” Dr. Munic-Miller finds making time for friendship helps her relieve stress and improves her mood at work and at home.”



“INVOLVE YOUR PET”

Aaron Ritter, MD encompasses many brain health benefits from walking his dogs.

“I walk my dogs two times a day for a total of 2-3 miles. Having eager and dependent exercise partners ensures that I cannot skip days, even when I am tired or it’s hot. The exercise and meaningful companionship help keep me happy and healthy.”



WHAT CAUSES MEMORY LOSS?

Various conditions can affect memory, thinking, mood, or activities. They can also cause short or long-term memory loss.

It can be difficult not knowing what to do if you've noticed changes in yourself, a family member or a friend. It can be particularly difficult when these changes have to do with such personal and subjective qualities as memory, thinking,

and mood. Is it just normal forgetfulness, or could it be something more serious?

It is natural to feel uncertain about voicing your worries. However, these are important health concerns and taking action to find out what is going on can help you and your family to identify solutions and make future plans. The earlier an issue is identified and addressed, the better the outcomes.

MINDFUL CONSIDERATIONS: Assess The Situation

What changes in memory, thinking, mood or activities do you notice?

Write down what you have noticed that's out of the ordinary and causing concern.

What else is going on?

Are there any health or lifestyle issues that could be related? These may include family stressors, medications, or health problems like diabetes, infections, or depression. Changes in diet, sleep, and activity level can also affect the memory loss.



What Causes Memory Loss?

STEP 1

START THE CONVERSATION

Who should participate in the conversation to discuss memory loss?

If you've noticed changes in yourself, talk with a person you trust. If you've noticed changes in someone else, it might be you, a trusted family member or friend or a combination of people that need to talk with them.

What is the best time and place to have this conversation?

As soon as possible. Set up a time and location that will be comfortable for everyone involved.

How will you approach the conversation?

Try the following if you've noticed changes in yourself:

- "I've noticed [problem], and I'm concerned. Have you noticed this, too?"
- "Have you noticed any changes in me?"

Try the following if you've noticed changes in someone else

- "I've noticed [problem], and I'm concerned. Have you noticed it? Are you concerned?"
- "How have you been feeling lately? You haven't seemed like yourself."
- "I noticed you [specific example of memory loss, mood, or activity], and it has worried me. Has anything else like this happened to you?"



**Talk with
a person
you trust**

STEP 2

EVALUATING MEMORY CONCERNS

It's important to visit a doctor and get evaluated when you, a family member or friend is facing memory concerns. Knowing what to expect can ease your worries and help you prepare before your doctor visit. Learn more about the process by visiting <https://www.alz.org/evaluating-memory/thinking/>

Discuss seeing a doctor together

- Many conditions can cause memory loss, mood or activities, so it's important to get full medical attention from your doctor. If the cause isn't Alzheimer's or another brain condition, it could be fixable. Even though brain conditions cannot be cured, there are many benefits to receiving an early and accurate diagnosis access patient and caregiver support, medication that can help with symptoms, or discuss plan for the future

Try the following if you've noticed changes in yourself

- "I think I would like to see a doctor and find out what's going on. Would you be willing to go with me for support?"

Try the following if you've noticed changes in someone else

- "There are lots of things that could be causing these changes, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on."
- "The sooner we know what's causing these problems, the sooner we can manage them."
- "I think it would give us both peace of mind if we talked with a doctor."

If needed, have multiple conversations

The first conversation may not be successful. Some people believe that problems with memory, thinking, mood or activities are just part of the aging process and may not take your concerns seriously. Write down some notes about your experience to help you plan for the next conversation.

Ask yourself about the location, time, and format of the experience. What worked well and what didn't? Who was involved? What was the end result? What could be done differently the next time?

**it's
important
to get full
medical
attention
from your
doctor**



STEP 3

REACH OUT FOR HELP

Contact the Alzheimer's Association for information and support.

24/7 Helpline

800-272-3900 to speak with a clinician about your concerns and next steps.

Explore

Explore the Alzheimer's Association and AARP Community Resource Finder. They have local resources, such as a health care professional or your closest Alzheimer's Association Chapter:
<https://www.communityresourcefinder.org/>

Get involved

Get involved in a support group or educational activities at the Cleveland Clinic Lou Ruvo Center for Brain Health. Visit the events page
<https://my.clevelandclinic.org/locations/nevada/news-events>

Be a voice for the cause

Joining a Dementia Friendly Nevada Community Action Group. Learn more by visiting:
<https://dementiafriendlynevada.org/>

*Source: Alzheimer's Association <https://www.alz.org/alzheimers-dementia/memory-loss-concerns>



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Early Signs & Symptoms of Alzheimer's

Source: Alzheimer's Association :
<https://www.alz.org/>



Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.



MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and an increasing need to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things previously handled on your own.

Sometimes forgetting names or appointments, but remembering them later.



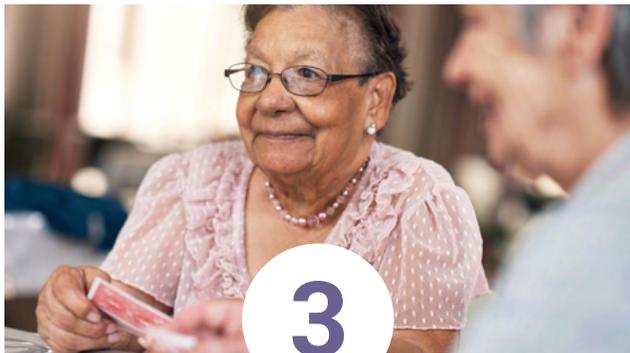
CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

Making occasional errors when managing finances or household bills.

What's a typical age-related change?

10 Early Signs & Symptoms of Alzheimer's



DIFFICULTY COMPLETING FAMILIAR TASKS

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.



CONFUSION WITH TIME OR PLACE

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

Occasionally needing help to use microwave settings or to record a TV show.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.



TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

Vision changes related to cataracts, glaucoma, or muscular degeneration.



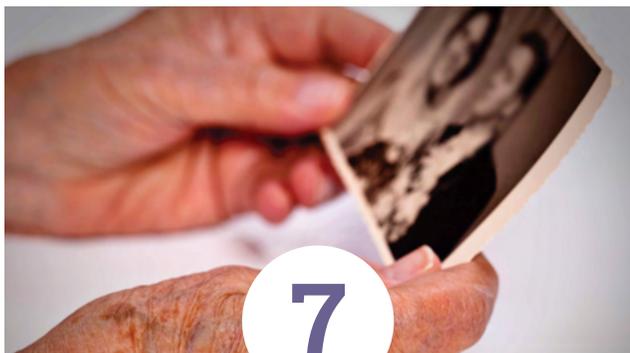
NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

Sometimes having trouble finding the right word.

What's a typical age-related change?

10 Early Signs & Symptoms of Alzheimer's



MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

Misplacing things from time to time and retracing steps to find them



DECREASED OR POOR JUDGMENT

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

What's a typical age-related change?



WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.



CHANGES IN MOOD AND PERSONALITY

Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, paranoid, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

Sometimes feeling uninterested in family or social obligations.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



CREATING AGE-FRIENDLY HEALTH SYSTEM & DEMENTIA-FRIENDLY COMMUNITY IN NEVADA



@NIHANCare and
YouTube @UNLVnihan

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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems.

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