

Road to **WELLfluent**TM

Embrace better health.

10 Early Signs and Symptoms of Alzheimer's

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.

1. 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 for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems

Some people 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.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.



What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place

People 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.

(Continued on page 2)

(Continued from page 1)

What's a typical age-related change?

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

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing

People 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 problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps

A person 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. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

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

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They also may avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone

What's a typical age-related change?

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

Get checked. Early detection matters.

Source: https://www.alz.org/alzheimers-dementia/10_signs

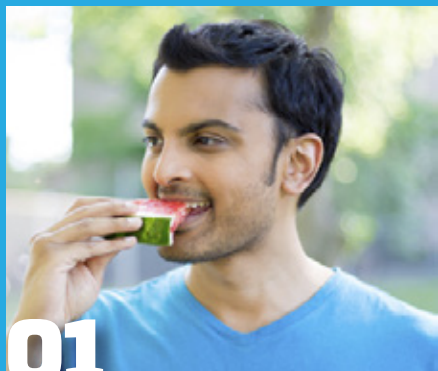
FAMILY HEALTH & FITNESS DAY

Family Health & Fitness Day will be held on June 8, 2019. Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run. Source: <https://www.nrpa.org/events/family-fitness-day>





June is Men's Health Month



01

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com

 [MensHealthMonth](https://www.facebook.com/MensHealthMonth)

 [MensHealthMonth](https://twitter.com/MensHealthMonth)

 MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

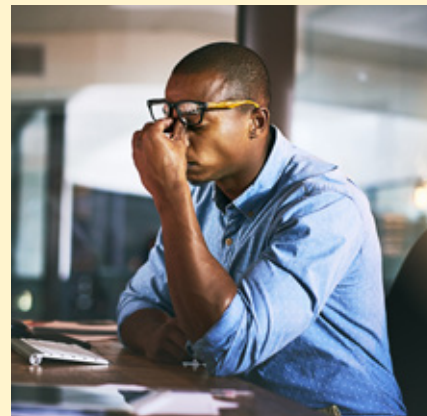
HOW DO YOU KNOW YOU MIGHT HAVE A MIGRAINE?

Migraine is an inherited neurological disorder that is characterized by over excitability of specific areas of the brain. Although we do not clearly understand how a migraine brain is different or what happens in the brain to start a migraine, we know that individuals with migraine are more susceptible to the influence of transient factors, termed "triggers," that raise the risk for having a migraine attack. These triggers include hormonal fluctuations, environmental stimuli like weather or bright lights, certain smells, alcohol, certain foods, poor sleep and high stress. However, not everyone has a clear trigger for migraine attacks.

If you have two or more of these symptoms, it's time to talk to your doctor:

- Headache that is moderately or severely painful
- Headache pain gets worse with physical activity
- Headache that is throbbing and is often worse on one side
- Headache that causes you to miss school, work or other activities
- Increased sensitivity to light, sound or smells during a headache
- A long-lasting headache (4-48 hours if untreated)

Source: <https://americanmigrainefoundation.org/living-with-migraine/>



JUNE EVENTS

Date	Time	Event	Location	Description
Sunday, June 2, 2019	6 pm	South Miami Hospital Twilight 5K	5724 Sunset Drive, Miami, Florida 33143	The South Miami Hospital Twilight 5K is a race and block party rolled into one. The course winds through the quiet South Miami neighborhood adjacent to FootWorks, then ends near Town Kitchen & Bar at a block party with music, food, Concrete Beach beer (for 21 and older), kids zone, kiddie dash, and souvenir shirts in all sizes to fit the kids, mom, and even dad. http://teamfootworks.org/south-miami-hospital-twilight-5k/
Saturday June 22, 2019	5 am	JAX Olympic & Sprint Triathlon	The Jacksonville Landing 2 Independent Dr. Jacksonville, FL 32202	Sprint Triathlon is Swim 0.25 Mile, Bike 15 Miles, Run 3.1 Miles. Sprint Duathlon is Run 2 Miles, Bike 15 Miles, Run 3.1 Miles. Olympic Triathlon is Swim 1.5k, Bike 40k, Run 10K. https://drcsports.com/race/jaxtri
Saturday June 22, 2019	8 am	Ormond Beach Family YMCA Triathlon	21 Ocean Shore Blvd., Ormond Beach, FL US 32176	Your Tri-Y Triathlon puts your physical endurance and mental strength to the test. Through swimming, biking and running, this event is great for beginners and the most passionate fitness enthusiasts of any age. Join us at the starting line for a fun and challenging triathlon experience. All participants will receive dry fit shirts and finisher medals!! https://runsignup.com/Race/FL/OrmondBeach/OrmondBeachFamilyYMCA Triathlon?afit_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw

AvMed complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY: 711).

A Wellness Newsletter for AvMed Members



Road to **WELLfluent**™

Embrace better health.

June 2019