A simple guide for patients and families

Alzheimer's Disease and Memory Loss



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Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

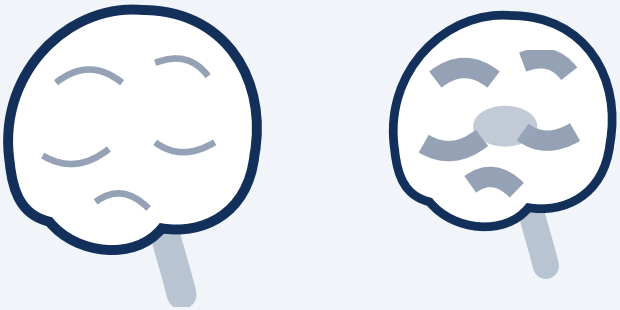
Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is dementia?

Dementia means a slow decline in memory, thinking and judgement that makes daily life difficult. **Alzheimer's disease** is its most common cause. Others include repeated small strokes (vascular dementia) and Parkinson's-related dementia.



Healthy brain · Brain in Alzheimer's

Brain cells are slowly lost and the brain shrinks — first in the memory area.

> Dementia is **not a normal part of ageing**. Many elderly people stay sharp. Early diagnosis helps families plan and get treatment.

Warning signs

- Forgets recent events; repeats the same questions
- Gets lost in familiar places
- Confused about day, date or place
- Cannot find the right words
- Misplaces things; may blame others for stealing
- Trouble handling money or bills
- Difficulty with familiar tasks like cooking
- Mood or personality change, suspicion
- Withdraws from people and hobbies
- Wanders out of the house

Normal ageing	Forgets a name, remembers it later
Dementia	Forgets the whole event, and that it happened

Who is at risk?

Age is the biggest risk factor, and it can run in families. But **close to half** of dementia risk is linked to things we can change:


High BP in middle age


Diabetes


Untreated hearing loss


Untreated poor vision


Smoking


Heavy alcohol


Loneliness, depression


No exercise, obesity


High cholesterol


Head injury — wear a helmet

How is it diagnosed?

- Talking with the patient **and a family member** who knows the changes
- Memory and thinking tests in the clinic
- Blood tests and a CT or MRI scan of the brain

Treatable causes must be checked

Some memory problems improve when the cause is treated:

- Low vitamin B12, thyroid problems
- Depression
- Side effects of sleeping pills and some other medicines
- Poor hearing or vision, sleep apnoea (loud snoring)
- Excess fluid in the brain (NPH): walking difficulty, urine control loss, memory loss

Treatment

There is no cure yet, but treatment can **slow the decline** for a time and make life easier for the patient and family.

Donepezil, rivastigmine, galantamine	For mild to moderate stages; may help memory and daily function
Memantine	For moderate to severe stages
Newer treatments	For very early Alzheimer's in selected patients, after special tests

- Treatment of BP, sugar, depression, sleep, hearing and vision
- Medicines for restlessness or anger only when needed, at the lowest dose
- Avoid sleeping pills and "memory tonics" without advice

Keep the brain healthy

These help everyone — and slow the decline in people with dementia.



Walk 30 minutes daily



Meet and talk with people



Read, learn new skills, games



Use a hearing aid if needed



Control BP, sugar, cholesterol



7–8 hours of sleep



Vegetables, fruit, nuts, less sugar



No tobacco; little or no alcohol



Music, prayer, hobbies

Tips for caregivers

Keep a fixed routine

Same times for waking, meals, bath and sleep reduce confusion.

Speak simply

Short sentences, one step at a time. Give choices of two, not many.

Do not argue

Correcting or scolding causes anger. Calmly change the topic instead.

Use memory aids

A large calendar and clock, labels on doors, family photos with names.

Toilet and food

Remind to use the toilet every 2–3 hours. Give enough water and simple finger foods.

Let them do what they can

Lay out clothes in order; help only where needed.

Safety at home



ID card or bracelet with name and phone number



Latch on the main door to prevent wandering



Turn off gas; keep knives and matches away



Caregiver gives the medicines



Night lights; remove loose rugs



Grab bars in toilet and bathroom

- People with dementia should **not drive**.
- Keep a recent photo ready in case they get lost.
- Plan bank, property and medical decisions early, while the person can take part.

Care for the caregiver

Caring for a person with dementia is tiring. Your health matters too.

- Share the work with other family members
- Take short breaks every day; sleep well
- Changes in behaviour are due to the illness, not on purpose
- If you feel low or angry often, talk to a doctor

Remember

- Memory loss is not normal ageing — get it checked early.
- Some causes are treatable.
- Medicines, routine and love make a big difference.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009
Consult 11 am – 3 pm · Tests 10 am – 5 pm
Hospital open 24 hours for emergencies

☎ **0253 2224411**

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009
Consult 6 pm – 8 pm

☎ **0253 2472111**

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.