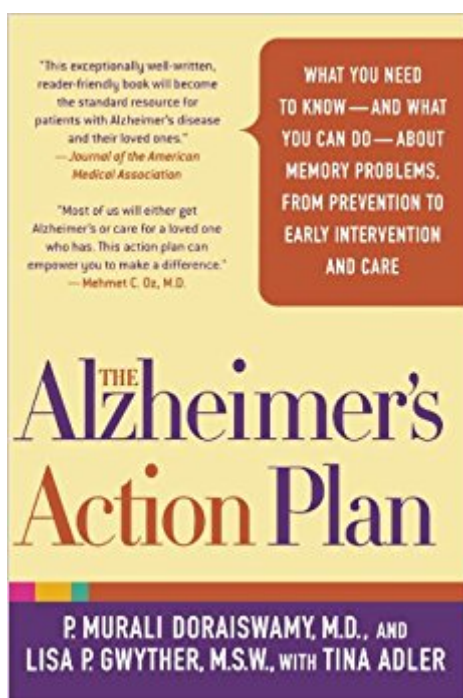


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# The Alzheimer's Action Plan: What You Need To Know--and What You Can Do--about Memory Problems, From Prevention To Early Intervention And Care



## Synopsis

What would you do if your mother was having memory problems? Five million Americans have Alzheimer's disease, with a new diagnosis being made every seventy-two seconds, with millions more at risk. Although experts agree that early diagnosis and treatment are essential, families don't know where to turn for authoritative, state-of-the-art advice and answers to all of their questions. Now, combining the insights of a world-class physician and an award-winning social worker, this ground-breaking book tells you everything you need to know, including: The best tests to determine if this is or is not Alzheimer's disease The most (and least) effective medical treatments Coping with the effects Gaining access to the latest clinical trials Understanding the future of Alzheimer's Clear, compassionate, and empowering, *The Alzheimer's Action Plan* is a must-read.

## Book Information

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## Customer Reviews

Check out "The Alzheimer's Action Plan," one of the best books about this illness to cross our desks. The authors, P. Murali Doraiswamy and Lisa Gwyther, explain -- in painstaking but lucid detail -- how to diagnose, treat and live with memory problems. The Wall Street Journal fully expect that this exceptionally well-written, reader-friendly book will become the standard resource for patients with Alzheimer disease and their loved ones. JAMA (Journal of the American Medical Association) Verdict: Evidence-based content, conversational writing, and a good dose of humor make this an outstanding addition to collections on aging and caregiving and

an excellent companion to Nancy L. Mace and Peter V. Rabins's *The 36-Hour Day*. Highly recommended.

**Background:** This book is based on the belief that people with Alzheimer's "have the right to access the best, most personalized care possible." Physician Doraiswamy (chief of biological psychiatry, Duke Univ. Medical Ctr.) and social worker Gwyther (founder, Duke Univ. Alzheimer's Family Support Program; *Steps to Success*) compile a wealth of essential information on all aspects of memory disorders for both new and experienced caregivers and individuals with failing memories. Detailed discussions cover causes and diagnoses, disease-related behavioral and emotional changes, available and future drug treatments, the benefits of participating in clinical trials, and more, along with a host of practical tips intended to enable caregivers and patients to live the best life possible. Resources include "Our Top 40 Questions and Answers"; a list of dementia-related organizations, books, and web sites; and tips for maintaining a healthy brain.

- *Library Journal* (starred review) "Probably the most complete book we've seen on Alzheimer's in the many years we've looked at this disease."
- *AARP Prime Time Radio* "[The Alzheimer's Action Plan] offers cutting-edge information about diagnosis, care, and clinical trials."

Organized into a bite-sized format; bullet points, boxes, and checklists make the information readily accessible.

The authors aspire to give readers the tools to take charge of their diagnosis and medical treatment, to continue living with their loved ones at the highest possible level of social and emotional functioning, to understand clinical research, to enroll in a clinical trial if they wish, and to understand what to expect and how to prepare. With its broad scope, the book offers an interdisciplinary overview of medical, scientific, psychological, and personal perspectives on AD. To this reviewer, reading this book felt like having a best friend who works in the field of Alzheimer's and gives insider information about navigating the medical system.

- *The Alzheimer's Forum* "Dr. Doraiswamy has done a masterful job of communicating what the layman should know on the treatment, the care giving and most important, the prevention of Alzheimer's. It was gratifying to learn about the mountain of evidence that what is good for your heart is also good for your brain."
- Arthur Agatston, M.D., cardiologist and #1 New York Times bestselling author of *The South Beach Diet* "The Alzheimer's Action Plan provides a clear and compelling message that there is something we can all do about Alzheimer's disease. The book presents accurate, up-to-date information and step-by-step recommendations that people with the disease, their families, and friends can use now to reduce the potentially devastating effects of Alzheimer's disease."
- Katie Maslow, M.S.W., Associate Director of Quality Care Advocacy for the Alzheimer's Association and winner of the 2003 ASA Award from the American Society on Aging "Most of us will either get Alzheimer's or care for a loved one who has. This action plan can

empower you to make a difference. • Mehmet C. Oz, M.D., co-author of the #1 New York Times bestseller, *You: The Owner's Manual* "This book is the most comprehensive and up-to-date guide for the diagnosis and management of Alzheimer's disease. Whether you are a health care professional or have Alzheimer's in your family or are simply interested in living to an old age, this book is a must read. • Deepak Chopra, M.D., New York Times bestselling author of *Perfect Health: The Complete Mind/Body Guide* "I love this book! A powerful and vital resource for people who need it the most. Dr. Doraiswamy is that unique blend of medical expertise mixed in with warmth and compassion topped off with humility that makes him rare and wonderful. • Leeza Gibbons, Emmy award-winning TV host and founder of Leeza's Place and the Memory Foundation "A readable, informative and thorough guide to the early stages of Alzheimer disease. I highly recommend it. • Peter Rabins, M.D., co-author of *The 36-Hour Day: A Family Guide to Caring For Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life* "Dr. Murali Doraiswamy, one of America's top memory and Alzheimer's specialists, has packed this book with expert advice and compassionate wisdom, creating an indispensable guide for anyone concerned about their own memory or that of a loved one. Both accessible and comprehensive, this is a must-read not just for families, but for their doctors as well. • Gary Small, M.D., Director, UCLA Center on Aging, and author of *The Memory Bible* and *The Longevity Bible* "Memory does matter. Adults across the life cycle are asking questions, many questions! The authors answer these questions for the educated public, family members who encounter memory loss in a loved one, and even adults who believe they are experiencing early memory loss. The answers are comprehensive and understandable, no small accomplishment given the plethora of new information available--information that at times is not only confusing but also conflicting. Ample sprinkling of case studies assure the reader that the authors not only read the literature, they listen to patients and families and take care of them. • Dan G. Blazer, M.D., Ph.D., former Dean of Medical Education, Duke University School of Medicine; past President of the American Geriatrics Society "If you and your family face the specter of Alzheimer's disease, run - don't walk - to get Lisa Gwyther's help. She combines many years of experience with empathy and respect for the patient. That results in the most sensible, compassionate and practical advice. Her guidance in the creation of 'The Forgetting: A Portrait of Alzheimer's,' and 'The Forgetting's' Web site was invaluable. She is my hero. • Naomi S. Boak, Executive Producer, Emmy Award-winning PBS special, "The Forgetting: A Portrait of Alzheimer's" "Lisa Gwyther is a national treasure. She has been a pioneer in providing innovative care and education for Alzheimer's patients and their families for many years. Lisa's long experience helping families cope with the challenges of memory loss

and Alzheimer's disease makes her uniquely qualified to co-author this book. Families experiencing the new world of memory loss and Alzheimer's couldn't ask for a better companion for the journey. Her warmth, compassion, and wisdom shine through, and will help light the way. • Pat Lynch, Director of Communications, Alzheimer's Center Program, National Institute on Aging

What would you do if your mother was having memory problems? Five million Americans have Alzheimer's disease, with a new diagnosis being made every 72 seconds. Yet a survey of over 400 Alzheimer's specialists revealed that they would order more sophisticated tests and treatments for their loved ones than for the average patient. Indeed, according to Psychiatry News, "Few Alzheimer patients get state of the art care." Now this book from two leading experts gives the rest of us the inside track on:

- \*The best tests to determine if this is--or is not--Alzheimer's disease
- \*The most (and least) effective medical treatments
- \*Coping with behavioral and emotional changes
- \*Gaining access to the latest clinical trials
- \*Understanding the future of Alzheimer's

Clear, compassionate, and packed with information, The Alzheimer's Book sets a new standard for expert care. --This text refers to an out of print or unavailable edition of this title.

This book is very good and informative. It is very wordy, but that is good because it helps you to understand what the doctors are saying. It also has helped me to prepare with dealing with my loved one's Alzheimers.

Bought the book for my wife who wanted to understand what she was facing as she is in the early stages. Very informative. As her husband it was also helpful in many ways for learning how to prepare myself as her care taker. Since this is a young disease most of information out there is similar but this appeared to be more complete.

This is an excellent book for anyone who wants to understand Alzheimer's disease. Every caregiver should try to read it. Although the subject is difficult, the book was written to be easily read. I have a family member with dementia, from Post Pump Syndrome, after having open heart surgery, and this explained a lot of questions I had. Alzheimer's, dementia, is going to be a big problem in the future as we live longer. I highly recommend this book.

good reference and learning book, helped to get the family on the same page regarding parental care.

This is a great book with lots of good information. Has given me a heads up living with a family member that recently was diagnosed with dementia.

My dear husband lasted for 5 yrs. with Alzheimer's. This guidebook was essential to cope with the up's and down's of the course of the disease. Also it is recommended by the special course given by the Alzheimer's Assn.

Very good overall. I did not need so much info on diagnosis as it is so obvious that my mom has this terrible disease. She also had two sisters who died with the disease so it was easy to see what was happening with her.

The Alzheimer's Action Plan book is one of the best I have found. I first purchased it on my Kindle, then was frustrated because I couldn't quickly find the page I was looking for and I couldn't loan it to other caregiving friends. So I bought the hard copy. The book gives the best descriptions of medications which are used to treat the disease and the behaviors associated with the disease. It also is helpful in giving the basis for the classifications of the disease from mild to Moderate. I plan recommend the book to my Alzheimer's support group.

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