

## **ALZHEIMER'S AWARENESS MONTH**

### **BLAKE FREEMAN, MD, NEUROLOGIST AT BAYLOR SCOTT & WHITE HEALTH**

AN ALZHEIMER'S DIAGNOSIS CAN ALREADY BE AN INCREDIBLY ISOLATING EXPERIENCE- BUT AN ALZHEIMER'S DIAGNOSIS DURING A PANDEMIC- THAT CAN MAKE THE ISOLATION EVEN WORSE.

{\*\*TAKE VO\*\*}

BAYLOR SCOTT AND WHITE NEUROLOGIST BLAKE FREEMAN SAYS A LACK OF ACCESS TO CARE AND GREATER SOCIAL ISOLATION ARE TWO SYMPTOMS OF THE PANDEMIC WHICH HAVE REALLY HURT THOSE LIVING WITH THIS DIAGNOSIS.

BUT HE SAYS- THERE ARE THINGS PATIENTS AND THEIR FAMILIES CAN DO.

{\*\*TAKE SOT1\*\*}

TRT: 15 " MAINTAINING SOME LEVEL OF PHYSICAL ACTIVITY, EXERCISE... AND THEN DIET IS VERY IMPORTANT...WE GENERALLY RECOMMEND ADHERING TO THE MEDITERRANEAN DIET."

*OR*

{\*\*TAG VO\*\*}

ALTHOUGH THERE IS NO CURE... DR. FREEMAN SAYS THERE ARE MEDICATIONS THAT CAN SLOW THE DISEASE'S PROGRESSION- SO GETTING DIAGNOSED EARLY IS IMPORTANT.

{\*\*ALTERNATIVE SOT#2 \*\*}

TRT: 14 "WHEN YOU NOTICE SOMEONE MAY BE REPEATING CONVERSATIONS ON A REGULAR BASIS, ROUTINELY FORGETTING WHERE THEY PUT OBJECTS, THOSE ARE KIND OF SOME EARLY TELLTALE SIGNS."

{\*\*OUTRO \*\*}

IF YOU HAVE QUESTIONS ABOUT YOUR OWN LOVED ONE, TALK TO YOUR DOCTOR.