

ASK YOUR DOCTOR

How To Talk To Your Doctor About Alzheimer's Disease

(NAPSA)—Many people expect to become forgetful as they age. The early symptoms of Alzheimer's disease often go unnoticed by the patient and their loved ones, and therefore are never discussed with a doctor. In fact, research shows that nearly half of newly diagnosed Alzheimer's disease patients are first diagnosed in the moderate or severe stage of the disease.

"If you notice memory problems or any other possible warning signs, such as agitation, restlessness, disorientation, or difficulty performing regular tasks, make an appointment with your doctor," said Beth Safirstein, M.D., Baumel-Eisner Neuromedical Institute. "Diagnosis and treatment are essential, because there are treatments available that have shown to potentially help maintain a person's ability to think clearly and perform everyday tasks for a longer period of time than if left untreated."

Dr. Safirstein offers the following tips for how to talk to your doctor:

- Don't delay. Make an appointment to see a doctor when you first notice symptoms.
- Write down your questions and concerns before the appointment to make the most of your time with the doctor.
- Bring paper and a pen to



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take notes.

- Ask your doctor to explain treatment options.
- Ask for more information about Alzheimer's and local support services.

DeEtta Blackwell's mother, Ruth, is now in the moderate stage of Alzheimer's. "We recognized the symptoms in my mother and immediately made an appointment to see a physician," said DeEtta. "Knowing she had Alzheimer's gave us more time to learn how to best treat and manage the disease."

DeEtta worked with her mother's doctor to find the appro-

prate treatment. When Ruth progressed to the moderate stage of the disease, she began treatment with Namenda® (memantine HCl), the first and only medication available to treat the moderate to severe stage of Alzheimer's disease. Six years after diagnosis, Ruth was still able to help take care of herself and maintain some independence. DeEtta credits Namenda for stabilizing her mother's condition and allowing Ruth to engage in many of her favorite activities.*

Namenda is indicated for moderate to severe Alzheimer's disease and is available by prescription in the U.S. Ask your doctor about Namenda, go to www.Namenda.com or call 1-877-2-NAMENDA (1-877-262-6363).

Namenda is contraindicated in patients with known hypersensitivity to memantine HCl or to any excipients used in the formulation. The most common adverse events reported with Namenda vs placebo ($\geq 5\%$ and greater than placebo) were dizziness, confusion, headache, and constipation. In patients with severe renal impairment, the use of Namenda has not been systematically evaluated and is not recommended.

* Individual patient response may vary.