

March 10, 2020 Program by Phone

Talking to Your Doctor About Dementia



Dr. Julia Biernot is a Board Certified Neurologist with specialized training in memory disorders and dementia. Together with a dedicated team of nurse practitioners and a nurse at the OSF Healthcare Illinois Neurological Institute Memory and Dementia Care Clinic, she provides care to patients in Central Illinois through a traditional office as well as two tele-dementia clinics. The clinics are dedicated to diagnosing and treating patients with cognitive problems ranging from mild memory concerns to various types of dementia (such as Alzheimer's disease, dementia with Lewy bodies, or others).

The Importance of an Accurate Diagnosis

- Alzheimer's disease vs. "dementia"
- Conditions that can 'masquerade' as dementia
- Treatment can vary depending upon the exact cause of the dementia

How is Dementia Diagnosed

- A 10 minute "memory screening" is NOT sufficient
- There is no single test
- How can someone prepare for a doctor's visit if they suspect dementia?

Living With Dementia / Treatments

- Should everyone with Alzheimer's take medication?
- Medication side effects: how your doctor can help

Prevention

- What about coconut oil, turmeric or other supplements?
- Worldwide Fingers study and the importance of diet, exercise and cognitive stimulation for prevention / risk reduction across a population

Preparing for a Doctor Visit

- Create a log / journal of your experiences
- Be very specific
- Afternoon appointments vs morning appointments

Important Resources

[ALZ.org/LEARN](https://www.alz.org/LEARN) (Online, On-Demand Video Programs)

[ALZnavigator.org](https://www.alznavigator.org) (Develop a Personalized Action Plan)

800.272.3900 (Nationwide 24/7 Helpline)

[ALZconnected.org](https://www.alzconnected.org) (Online Community / Support)

[ALZ.org/CRF](https://www.alz.org/CRF) (Community Resource Finder)