

July 9, 2019 Program by Phone

Talking to Your Doctor About Dementia



Dr. Greg Cooper grew up in Lexington, Kentucky. He attended the University of Kentucky, where he received his PhD in 1992 and his MD in 1994. He directed the Memory Disorders Clinic at Iowa briefly before returning to Lexington to join Dr. William Markesbery at the Sanders-Brown Center on Aging at the University of Kentucky and later the Baptist Neurology Center, where he directs the Baptist Health Memory Care Program. Since 2015 he has also served as Regional Physician President of the Baptist Health Medical Group.

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 (Online, On-Demand Video Programs)

ALZnavigator.org (Develop a Personalized Action Plan)

800.272.3900 (Nationwide 24/7 Helpline)

ALZconnected.org (Online Community / Support)

ALZ.org/CRF (Community Resource Finder)



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