

What is Alzheimer's Disease?

the most common form of Dementia mostly affecting people over the age of 65

Common Early Symptoms of Alzheimer's Disease

Memory

Memory loss is often the first symptom to be recognised, particularly short term memory. Individuals may forget names, where they placed objects, place items in the wrong location and forget appointments.

Decision Making

Difficulty planning, organising, making decisions, remembering, understanding, and processing information can affect a persons judgement and decision-making.

Mood & Emotions

Feelings of sadness, anxiety, frustration, agitation, and mood swings may develop along with withdrawal from hobbies and social engagements and activities.

Progression

AD typically affects people over the age of 65. It generally develops as a result of multiple factors and not one single cause. It is a progressive disease which means symptoms will gradually become worse over time. Individuals will experience different symptoms depending on which parts of their brain have been affected.

Diet & Nutrition

Diet and Lifestyle support for Alzheimer's Disease

There are many ways to support Alzheimer's Disease with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. There is no cure or singular treatment for AD, however it can be successfully supported with dietary and lifestyle recommendations as prevention for early onset and as management for cognitive symptoms, mobility and overall quality of life.

Disorientation

Orientation to day and date may become difficult, and changes in routine can be challenging. Wandering and becoming lost may occur, particularly in unfamiliar environments (like hospitals).

Language Decline

Repeating information, having difficulty following and engaging in conversation, struggling to find the right words, and using the wrong word are often observed. Communication skills can be progressively affected as the condition develops.

Problem-Solving Difficulties

Day-to-day tasks can become challenging and take longer to complete. These include dealing with money, paying bills and managing other household tasks and processes.

