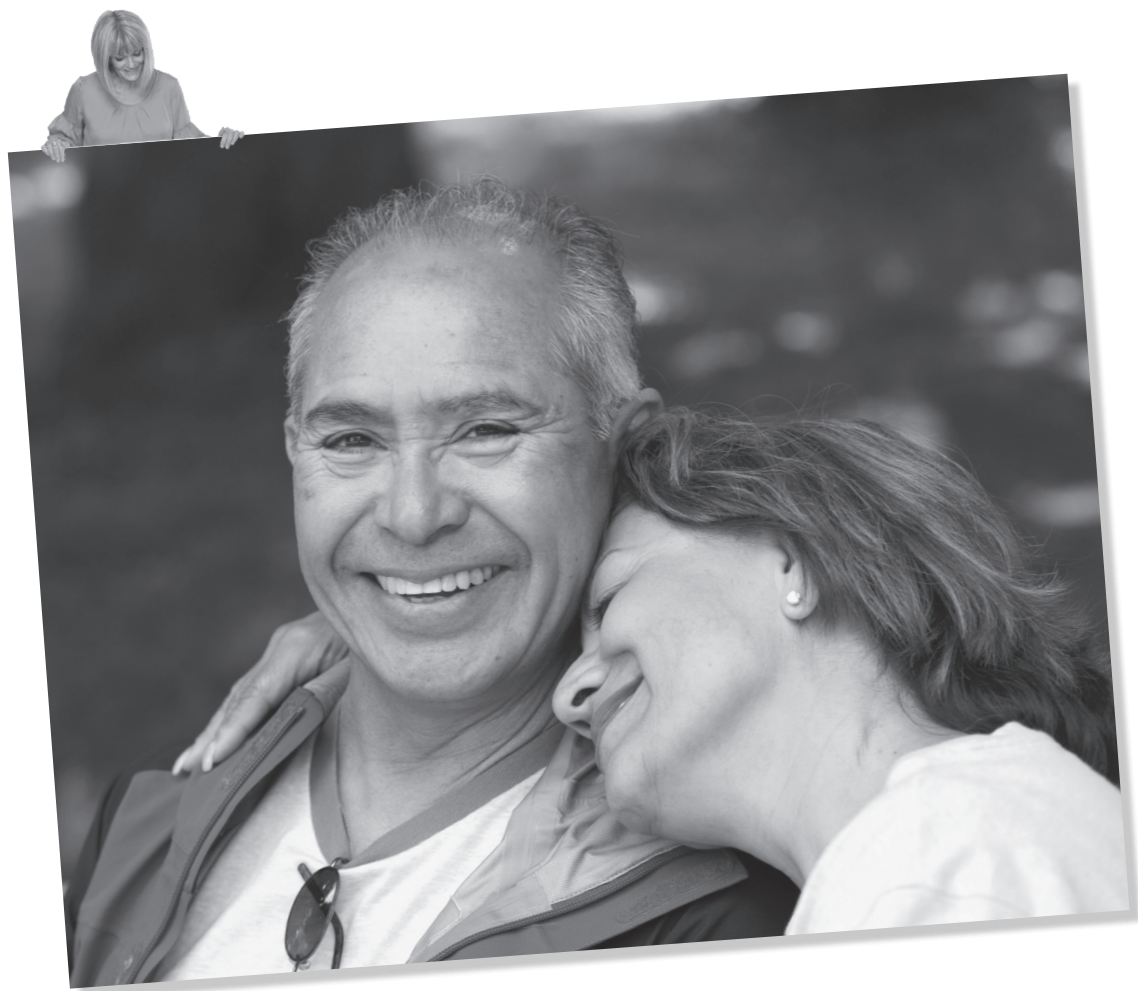


Alzheimer's Disease and **Brain Health**

**Pam White,
Health Net**
*We make a
difference,
one member
at a time.*



 **Alzheimer's** | GREATER LOS ANGELES
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What is Alzheimer's disease?

Alzheimer's is a disease of the brain that causes problems with memory, thinking and the way a person acts. There is no cure for Alzheimer's disease. But support and education can help people understand and handle its changes.

Alzheimer's disease is not a normal part of aging. Finding Alzheimer's disease early is important so that you and your loved ones can take the right steps for care.

There are things that you or your loved ones can do to keep your brain healthy and perhaps lower your chances of having Alzheimer's disease.

How is Alzheimer's disease different from dementia?

Dementia is a group of symptoms. Dementia is not a disease and is not a normal part of aging. Alzheimer's disease is the most common cause of dementia.

A person who has dementia may have:

- Memory loss
- Confusion
- Poor judgment
- Changes in the way they act

What are the signs of Alzheimer's disease?

As we age, our brains change, just like the rest of our bodies. Slower thinking and problems remembering things are common with aging.

Serious memory loss, confusion and major changes in the way a person acts are not normal signs of aging. If you or a loved one is dealing with these changes, call and visit a doctor.



**Christine Webster,
Health Net**

*We help you make
informed health decisions.*

Know the warning signs

People with Alzheimer's disease or dementia may have one or more of these symptoms:

1. Memory loss that gets in the way of everyday tasks.
2. Problems with planning, thinking, following directions, or solving problems.
3. Problems doing everyday tasks such as driving or managing money.
4. Confusion with time, directions and place.
5. Problems with reading, judging distance or seeing color.
6. Trouble talking and finding the right words to say.
7. Putting things in uncommon places.
8. Making poor choices with money.
9. Staying away from hobbies, exercise and social activities.
10. Changes in mood and personality such as being easily upset, depressed or worried.



What's good for your heart is also good for your brain

Eating healthy foods and getting plenty of exercise keep your heart strong. These healthy habits help your heart pump nutrients and oxygen to your brain. Your heart and brain need good blood flow and oxygen to work right.



Cal MediConnect members:

To learn more, call the Health Education Information Line at **1-800-804-6074 (TTY: 711)**.

To speak with a nurse about your health or to learn more about online wellness programs, call the Member Services number on the back of your ID card or visit **www.healthnet.com/calmediconnect**.



A good diet helps you think, work, play, remember, and sleep better.

Be brain-smart and heart-smart

Here are four tips to keep your body and brain healthy:

1. Stay active

- Use daily tasks like gardening and cleaning to keep your body and mind active.
- Take dance classes or take a walk with a friend.

2. Eat a healthy diet

- Eat lean meats, fish, and more vegetables and fruits.
- Avoid foods that are high in fat, sugar and salt.

3. Keep your brain active

- Train your brain by reading about new topics or playing games like chess, cards and crossword puzzles.
- Join a class, listen to relaxing music or play your favorite instrument.

4. Stay social

- Enjoy time with friends and family.
- Join a community center, day program or volunteer.



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Need help?

For Los Angeles, call Alzheimer's Greater Los Angeles toll-free Helpline at **1-844-435-7259 (1-844-HELP-ALZ)** or visit www.alz gla.org. For San Diego, call Alzheimer's San Diego toll-free line at **1-858-492-4400** or visit www.alzsd.org.

We provide free information, support, caregiving advice, and other resources for those affected by Alzheimer's and other related diseases.

Content adapted from the Alzheimer's Association.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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