

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER

June 2021



Alzheimer's disease is a degenerative brain disease and the most common form

of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms. Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging.

## Know the 10 Signs:

### 1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

### 2. Challenges in planning or solving problems

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than before.

What's a typical age-related change?

Making occasional errors when managing finances or household bills.

### 3. Difficulty completing familiar tasks

Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a game.

What's a typical age-related change?

Occasionally needing help to use microwave settings or to record a TV show.

### 4. Confusion with time or place

People living with Alzheimer's can lose track of

dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

### 5. Trouble understanding visual images and spatial relationships

This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change?

Vision changes related to cataracts.

### 6. New problems with words in speaking or writing

Such as trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.

What's a typical age-related change?

Sometimes having trouble finding the right word.

### 7. Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

### 8. Decreased or poor judgment

For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

**9. A person living with Alzheimer’s disease may experience changes in the ability to hold or follow a conversation.**

As a result, he or she may withdraw from hobbies, social activities or other engagements.

What's a typical age-related change?

Sometimes feeling uninterested in family or social obligations.

**10. Changes in mood and personality**

They can become confused, suspicious, depressed, fearful or anxious.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Get checked. Early detection matters. With early detection, you can explore treatments that may provide some relief of symptoms and help maintain a level of independence longer, as well as increase chances of participating in clinical drug trials that help advance research.

<https://www.alz.org/>

**“Food Allergy Safety, Treatment, Education and Research (FASTER) Act of 2021”**

President Biden signed the FASTER Act into law on April 23. As of January 1, 2023 food manufacturers will be required to include sesame on food labels, listed in plain language as a potential allergen.

**Why is labeling of foods containing sesame important?**

Sesame is often hidden in foods. The Food Allergen Labeling and Consumer Protection Act requires the major food allergens to be listed, in plain English, on food labels. The top food allergens include: peanut, tree nuts, soy, wheat, egg, cow’s milk, fish, shellfish. Thanks to the FASTER Act, sesame now joins the list of major food allergens.

**How common is sesame allergy?**

Sesame allergy is often called the ninth food allergen. It is estimated to be as common as soy and fish allergies, and some tree nut allergies.

Approximately 1.5 million people in the United States have sesame allergy. Sesame allergy is growing at a faster rate in the United States than other food allergy. Many believe this is due to the increased prevalence of international cuisine on American plates. Sesame allergy has increased over the years in part due to the growing number of products containing sesame seeds and sesame oil.

These include: foods, cosmetics, lotions, and pharmaceutical items. The U.S. Food and Drug Administration (FDA) recently found that 25% of severe allergic reactions to sesame were from products that did not list sesame. Almost half of the people who suffered severe allergic reactions required medical attention.

**What should I do until the FASTER Act sesame allergy law goes into effect?**

If you are diagnosed with an allergy to sesame, it’s important to stay vigilant and avoid products that contain sesame ingredients or products that may contain traces of sesame.

<https://allergyasthmanetwork.org/news/sesame-the-9th-food-allergen/>

**Parenting Tips**

Sometimes we have to step back and evaluate ourselves. Here are a few tips. I would also like to add 2 additional ones at the end: We are all going to handles things differently. We are continuing to learn as they and ourselves grow. Happy June!

**Here are some child-rearing tips that can help you feel more fulfilled as a parent.**

- Boosting Your Child's Self-Esteem... praise accomplishments...
- Catch Kids Being Good...
- Set Limits and Be Consistent With Your Discipline.
- Make Time for Your Kids...
- Be a Good Role Model...
- Make Communication a Priority...
- Be Flexible and Willing to Adjust Your Parenting Style...
- Show That Your Love Is Unconditional...
- Know Your Limitations as a Parent...

<https://kidshealth.org/en/parents/nine-steps.html>



Public Health & Home Health Care  
Serving Pennington & Red Lake Counties  
218-681-0876 TRF or 218-253-4378 RLF  
[www.intercountynursingservice.com](http://www.intercountynursingservice.com)