



How we can help

Pine Rest provides compassionate care, beginning with an assessment and diagnosis, followed by medication management and ongoing treatment.

If a neuropsychological assessment is ordered by the primary care physician, our Psychological Consultation Center's team of doctoral-level psychologists can provide the testing. Our team has provided helpful diagnoses for thousands of children and adults using methods developed by internationally recognized scientists and clinicians to reach a complete understanding of the situation.

We provide many other services including therapy, medication consultation, hospitalization services and support groups for seniors and their families. Our hospital features a specialty unit for patients with dementia when symptoms or medications need to be stabilized in a safe environment.



When to seek help

1. The situation at home becomes dangerous:
 - a. Inability to prepare meals.
 - b. Trouble remembering to eat or drink.
 - c. Leaving stove burners or appliances on after cooking.
2. Forgetting to take medications or taking incorrectly.
3. Unable to keep themselves or their home clean.

How to reduce risk

You can't change your genetics or age, but lifestyle changes can minimize risk!

- Get enough sleep. Seek treatment for insomnia and sleep apnea.
- Eat a heart-healthy diet.
- Keep physically and mentally active.
- Have an active social life.
- Practice good stress management.
- Avoid excessive alcohol use.
- Quit smoking.
- Protect your head by wearing a seatbelt or helmet when appropriate.
- Seek treatment for depression or other mental health conditions.

For help, please call
866.852.4001

Services

Outpatient & Telehealth

Neuropsychological assessments, psychiatry, individual and family therapy. All ages.

Psychiatric Urgent Care

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

Crisis Services

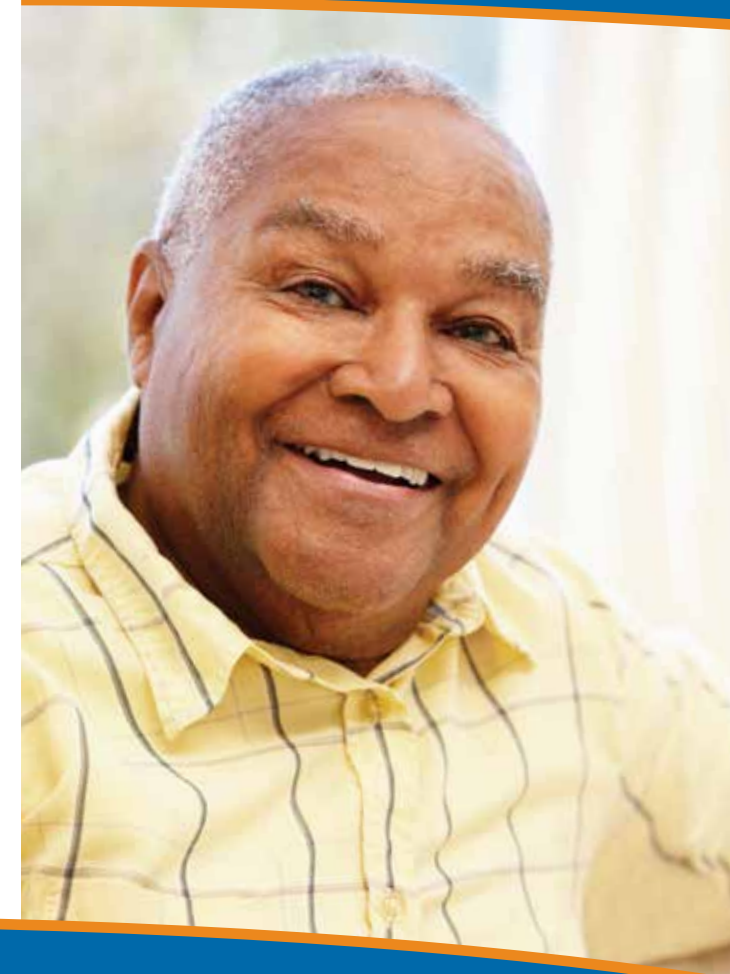
If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

Scan to Learn More...

About dementia and our services, or visit pinerest.org/dementia.



UNDERSTANDING Dementia





Dementia and What You Need to Know

Dementia is the result of damage to the brain cells which affects communication within the brain cells. Some forms are progressive, meaning they will continue to worsen over time. Other forms are stable. Still others, like those caused by low thyroid or certain vitamin deficiencies, are entirely reversible or treatable. Many conditions can cause dementia, including head injury, brain tumor or Parkinson's. In some cases, untreated depression can mimic symptoms of dementia.

Knowing the cause of a person's dementia is critical for ensuring the most effective treatment. The earlier the problem is diagnosed, the more likely treatment will be able to stop or reverse symptoms of cognitive decline (as in depression) or to maximize the brain's ability to function over time (as in Alzheimer's disease). Effective management of dementia requires a thorough assessment, accurate diagnosis and prompt treatment.

There are over 100 diseases that may cause dementia. The two most common types are Alzheimer's disease and vascular dementia, however many people have a mixed dementia with features of both Alzheimer's and vascular disease.

Alzheimer's disease accounts for 60-80 percent of all dementia cases and mainly affects people over 65. It is caused by nerve cell damage in the brain due to neurofibrillary tangles and amyloid plaques.

Vascular dementia, caused by cerebrovascular disease or stroke, accounts for roughly 10 percent of dementia. Onset can be sudden or over a long period. Decline can be minimized by decreasing vascular risk factors such as high blood pressure, elevated cholesterol, diabetes, untreated heart disease and smoking cessation.

Early signs of dementia

Because treatments are most effective when started early, it is critical to get an early diagnosis.

1. Repeating questions or statements.
2. Forgetting to pay bills or paying them twice.
3. Missing schedule appointments.
4. Uncharacteristically misplacing items around the house.
5. Changes in mood and personality.
6. Decreased motivation.
7. Uncharacteristically making inappropriate comments.
8. Having difficulty with problem-solving.
9. Having problems with complex activities.
10. Becoming more easily confused.



Diagnosing dementia

Although there are many exciting treatment possibilities being studied, there is not currently any way to stop or reverse the symptoms in most types of dementia. But because some dementias can be the result of reversible medical conditions, the first phone call should always be to your primary care physician to discuss the symptoms.

The primary care physician may conduct a thorough health examination, order laboratory work, conduct brief screening tests, take a thorough history of the recent problems described by family and possibly order imaging of the brain (e.g. MRI or CT scans).

In some cases, the diagnosis is easy to determine. When tests do not reveal an obvious cause for the cognitive changes, the physician may recommend a neuropsychological assessment which is generally done in a question-and-answer format and may include some writing, drawing, and simple muscle speed and dexterity tasks. Results can reveal a pattern of cognitive strengths and weaknesses that can help determine the correct diagnosis.

Once a diagnosis has been made, the next step is to become well-informed about the disease and consider the most appropriate form of treatment.

What is dementia?

As we get older, it's normal to have some age-related memory issues such as occasionally forgetting where you left your keys, a password, or the name of an acquaintance. You may not remember things as quickly as you used to, but it's not disrupting your daily life, your ability to complete tasks or learn new things.

Dementia is a broad term for any medical condition that causes memory problems and problems with at least one other brain function, such as speech, concentration, or more complex thinking involving problem solving, planning and organization that interferes with doing everyday activities.

