

Maximize Your Minutes With Your Doctor *Could It Be Alzheimer's Disease?*

If you've detected changes in a family member's memory or behavior, it's important to encourage your loved one to see a doctor as soon as possible. Once you've secured an appointment, it's helpful to prepare for the visit so your family can maximize the precious minutes you'll have with the physician. **Geriatrician and endocrinologist Dr. Saralyn Mark** advises families to write down their questions in advance and then bring them to the doctor's office. Your questions might include:

1. Could my loved one's symptoms be Alzheimer's disease, dementia or another condition?

2. What other condition could be causing these symptoms?

3. What tests are used to determine my loved one's condition? Are the tests performed in a particular order and, if so, why? When will results be available, how do they affect treatment, and when can we discuss them?

4. Does a specialist need to be consulted? If so, how soon should we make an appointment? Will this specialist make the diagnosis and prescribe treatment for my loved one?

5. Until a diagnosis is made, what can I do to assist and support my loved one's emotional and physical health and wellbeing?

6. Is it helpful for me to maintain a journal to track my loved one's daily activities and any unusual behavior?

7. Can you direct me to local and online resources to learn more about Alzheimer's disease, including where to find support for both my loved one and me, the primary caregiver?

8. More questions I want to ask the doctor:

This educational information about dementia and Alzheimer's disease was proudly created in collaboration with Pfizer as part of an on-going series, "Maximize Your Minutes With Your Doctor," which aims to help patients make the most of physician visits. For more information on this topic, visit BeWell.com.