



**Do you take care of someone with memory loss or dementia, or do you know someone who needs help?**

**Alzheimer's Arkansas has many services to offer.**

- 24-hour telephone support
- Support groups for caregivers
- Support groups for people who have memory loss
- Training classes for family and friends
- Financial assistance to families
- Monthly newsletter
- Library of books and videos

**For more information call  
501-224-0021 or  
800-689-6090**



### **Alzheimer's Arkansas Programs and Services**

10411 West Markham, Suite 130  
Little Rock, AR 72205

501-224-0021 or 800-689-6090  
Web site: [www.alzark.org](http://www.alzark.org)

After hours caregiver line:  
501-913-1878



# **What African Americans Should Know About Memory Loss**



**Alzheimer's Arkansas  
Programs and Services**



## Memory Loss

As we grow older, it is normal for us to have some forgetfulness or mild memory loss. We may have a harder time remembering names or dates. Usually, this doesn't cause any problem.

Sometimes the memory loss gets worse and it affects our ability to do the things we have always done. We may have a hard time driving, or cooking, paying our bills, or making telephone calls.

When memory loss becomes a problem it is important to go to the doctor. He or she will ask you about your family history and run some tests. Depending on the test results, you may be told you have dementia.

## Dementia

Dementia affects how a person thinks, remembers, and behaves. There are many reasons why someone develops dementia. Here are a few.

- Depression
- Stroke
- Thyroid problems
- Vitamin deficiencies
- Brain tumors

## Alzheimer's Disease

Alzheimer's disease is a disease of the brain and the most common kind of dementia. It begins slowly and gets worse over time. It can not be cured, but there are some medicines that may slow it down.

### The Stages of Alzheimer's

In the early stage, a person may:

- repeat things or have trouble naming things
- get confused
- get lost or lose things
- have a personality change

In the middle stage a person may:

- believe things are real when they are not
- wander away
- require close supervision

In the late stage, a person will need 24-hour care and will not:

- be able to use or understand words
- remember who you are

### Alzheimer's Arkansas Programs and Services

10411 West Markham, Suite 130  
501-224-0021 or 800-689-6090  
Little Rock, AR 72205-22

Web site: [www.alzark.org](http://www.alzark.org)

## Know the Warning Signs

- Seems more forgetful
- Needs reminders to do chores
- Trouble finding words
- Poor judgment
- Losing things
- Changes in mood or behavior
- Gets lost while driving
- Loss of interest in activities such as attending church, reading, or hobbies



## Concerns for African Americans

- Many African Americans have high cholesterol, high blood pressure, and type 2 diabetes, which can lead to heart disease.
- Heart disease can cause a stroke and contribute to Alzheimer's disease.
- African Americans tend to be diagnosed later in the disease, making treatment less effective.