



The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems

P. Murali Doraiswamy M.D., Lisa P., M.S.W. Gwyther, Tina Adler

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Is it really Alzheimer's? How to find out and intervene early to maintain the highest quality of life

"Most of us will either get Alzheimer's or care for a loved one who has. This action plan can empower you to make a difference."---Mehmet C. Oz, M.D.

What would you do if your mother was having memory problems?

Alzheimer's is a disease affecting more than five million Americans, with a new diagnosis being made every seventy-two seconds. Millions more are worried or at risk due to mild memory loss or family history. Although experts agree that early diagnosis and treatment are essential, many people with memory loss and their families---and even their doctors---don't know where to turn for authoritative, state-of-the-art advice and answers to all of their questions.

Now, combining the insights of a world-class physician and an award-winning social worker, this groundbreaking book tells you everything you need to know, including:

- The best tests to determine if this is---or is not---Alzheimer's disease
- The most (and least) effective medical treatments
- Coping with behavioral and emotional changes through the early and middle stages
- Gaining access to the latest clinical trials
- Understanding the future of Alzheimer's

Clear, compassionate, and empowering, The Alzheimer's Action Plan is the first book that anyone dealing with mild memory loss or early Alzheimer's must-read in order to preserve the highest possible quality of life for as long as possible.

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