



## HEALTH ISSUES

Keeping the person with Alzheimer's disease in good health is important. Providing her with nutritious meals, enough to drink and opportunities to exercise will help to do this. Regular check-ups with the doctor and dentist should be continued.

Like all of us, the person with Alzheimer's disease can also develop problems like colds or toothaches. She can also suffer from serious diseases such as cancer or diabetes.

As Alzheimer's disease progresses, the person may not understand what is wrong or even be able to tell you if she has any pain. You need to be aware of any sudden changes in behaviour that might be a sign of physical problems. Changes in eating patterns, sudden loss or gain of weight, or increased restlessness and agitation should be reported to your doctor.

You should talk to your doctor or pharmacist before giving the person any medication. Any medicine can produce a side effect. Common side effects include: rashes, upset stomach, and drowsiness.

The person may experience some of these side effects, but the medicine may also affect her behaviour by increasing confusion. It is important that you, as the caregiver, are aware of all possible side effects. If you do give medication to someone with Alzheimer's disease, report any unexpected changes to your doctor.

Alcohol can affect the behaviour of someone with Alzheimer's disease and can make her more confused. You may need to limit use or stop it all together depending on the person's reaction.