Talking to Your Doctor About Dementia

Darren Gitelman, MD
Board Certified Neurologist & Behavioral Neurologist
Director of Cognitive Disorders, Advocate Medical Group
Senior Medical Director, Advocate Memory Center,
Park Ridge, Illinois
The Importance of an Accurate Diagnosis

- Alzheimer’s disease vs. Dementia
- Conditions that ‘Masquerade” as Dementia
- Treatments Can Vary Depending on Diagnosis
How Dementia is Diagnosed

• 10 Minute “Memory Screening” is NOT sufficient
• There is Not a Single Test
• What is Involved in the Diagnostic Steps
Preparing for a Doctor Visit

• Prepare a Log / Journal of Symptoms
• Be Very Specific
• Afternoon Appointments vs. Morning
Living With Dementia / Treatments

• What Can We Expect from Medications?
• Should Everyone Take Medication?
• Side Effects – How Often Are They?
• Managing Side Effects
Resources

24/7 Nationwide Helpline: 800.272.3900
ALZ.org
Resources

Support Groups
Education Programs
Information & Referrals
Resources

AlzConnected.org
AlzNavigator.org
ALZ.org
CommunityResourceFinder.org
ALZ.org/CRF
Resources

24/7 Nationwide Helpline: 800.272.3900