

Living with Alzheimer's Disease

Practical Guide



What is Alzheimer's Disease?

Alzheimer's disease is a progressive brain disorder impacting memory, thinking, and behaviour.

Through comprehensive information and robust support, it is possible to mitigate its progression and enhance overall quality of life. This guide is designed to empower both patients and caregivers in navigating a path toward a better quality of life.

The Importance of Early Diagnosis

Recognising and addressing Alzheimer's disease in its early stages is critical. The earlier the diagnosis, the more treatment and non-invasive therapy options become available. Seeking early detection not only allows timely intervention but also could enhance the effectiveness of treatments.





Treatment Options for Alzheimer's Disease

While there is no cure for Alzheimer's disease, different treatments exist to slow down the disease progression and to help manage its symptoms.

Consult your treating physician and/or specialist for the most suitable treatment option for you or your relative.

TIPS FOR PATIENTS



Stay mentally active
Engage in brain-stimulating activities like puzzles and socialising.



Healthy lifestyle
Adopt a balanced diet and incorporate regular exercises, even short walks.



Routine is key
Establish a daily routine for a sense of structure and security.



Safe and comfortable space
Remove home hazards for safety and create a familiar and safe environment.



Memory aids and tools
Use calendars, notes, and labels for assistance.

TIPS FOR CAREGIVERS



Understanding changes

Be patient and educate yourself about Alzheimer's disease to anticipate and respond to behavioural changes of your relative or friend affected by the disease.



Effective communication

Simplify your language, be patient, and actively listen to the person you are caring for.



Seek professional help

Consult healthcare professionals for tailored guidance and valuable resources.

Understanding Alzheimer's disease and taking a proactive approach can improve the quality of life for both patients and caregivers.

References:

1. www.alz.org. Alzheimer's Association of USA, 2024.
2. www.alzheimers.org.uk/. Alzheimer's Society of UK, 2024.

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Who we are

Moleac is a biopharmaceutical company that stays committed to helping patients and their families reconnect with their lives.

We address unmet needs of patients suffering a loss of brain function after brain injuries or neurodegenerative diseases. Our focus is to help them regain and maintain independence.

We select natural compounds and formulations from traditional medicine with scientifically researched effects, establish their clinical properties, and make them available internationally.

**For more information on
Alzheimer's Disease, contact us:**

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This document does not constitute the practice of medical consultation nor medical advice. Always seek the advice of your treating physician and/or specialist.