

## Let's Understand Alzheimer's Together: Cadabam's Spreads the Word to End Alzheimer's & Dementia.



Bangalore: On Friday, 21st of September, marks the day of Preventing and Ending Alzheimer's. Cadabam's, today have held various activities and programs in Bangalore to strongly emphasize on the need to understand everything about Alzheimer's and spread a message about how important is the prevention of such a devastating illness.

**Let's Understand Alzheimer's Together** was the main theme of the event during the day which focused on enlightening people with knowledge of everything about Alzheimer's and dementia.

The events and activities here also focussed on supporting and following specific preventive measures to be taken for the wellness and care of elderly people with Dementia. It also emphasized on the early detection of Alzheimer's risks that causes and is the reason for distress in the life of many elderly people and which is the main cause for various emotional issues such as depression, stress, anxiety.

The event aimed at spreading a light on the following things about Alzheimer's-

- Statistics about the Alzheimer's and Dementia in India
- Warning signs of Alzheimer's to see in your loved one
- Steps and tips to prevent the illness
- Caregiver guide and steps for helping your loved one with dementia
- How to care your loved one with Alzheimer's and what foods can help to manage Alzheimer's disease.

Cadabam's also organized motivational features during the event to keep the participants proactive and mentally strong in various ways of mental health management. The participants in this activity as well showed immense interest in completing healthy actions and meeting their personal health goals and caregiver engagement. The program monitored the progress of the participants and providing them with measures to compete with their life challenges even with dementia.

***Dr Priya Raghavan, Consultant Psychiatrist at Cadabam's Hospitals says- "It's sad to say, In India, we don't even know such kind of diseases exists or not. We focus more on on hypertension, diabetes and tuberculosis. Illnesses like Alzheimer's is like ticking time bombs. When it triggered we won't even have time to take control of it. Though Alzheimer's is not curable but still it is absolutely manageable."***

The team of psychologists & psychiatrists from Cadabam's contacted and coached all the gatherers and caregivers over here to assist their loved ones for contacting a counselor for proper follow-up care to fight the disease and get useful resources to assist people to manage their mental health.