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**Five Million Live with Alzheimer's Disease
Awareness and education are the key to getting help.**

([Hamilton, NJ](#) – [November 8, 2007](#)) – According to The Alzheimer's Association: "As many as 10% of all people 65 years of age and older have Alzheimer's and as many as 50% of all people 85 and older have the disease." Alzheimer's is a progressive and degenerative disorder of the brain and is reported to be the most common cause of dementia in older adults.

ALZHEIMER'S DISEASE is a common and serious brain disease. Although symptoms can vary widely, the first problem many people notice is forgetfulness severe enough to affect their work, lifelong hobbies, or social life. Alzheimer's disease is not a normal part of aging. It is a disease. Here are some warning signs:

- memory loss, especially of recent events, names, placement of objects, and other new information
- confusion about time and place
- struggling to complete familiar actions, such as brushing teeth or getting dressed
- trouble finding appropriate words, completing sentences, and following directions and conversations
- poor judgment when making decisions
- changes in mood and personality, such as increased suspicion, rapid and persistent mood swings, withdrawal, and disinterest in usual activities
- difficulty with complex mental assignments, such as balancing a checkbook or other tasks involving numbers

Seeking medical attention if a change in behavior is noticed is the first step. Diagnosing Alzheimer's disease involves a battery of tests and ruling out several other conditions. People who receive treatment often experience improvement in their overall medical condition and realize a better quality of life.

November is National Alzheimer's Awareness Month and [Liberty Healthcare Services](#) has joined forces with that national movement to educate the public on signs for concern. Part of our mission is to assist in helping those who might fare better with some medical intervention in decoding dementia, delirium, and depression, and seeking help when needed. [Currently, Liberty is offering a free one-hour consultation on Alzheimer's and any services Liberty can provide to assist people](#)

[with Alzheimer's. Anybody may also stop by Liberty's headquarters conveniently located at 2333 Whitehorse-Mercerville Rd, Suite B in Hamilton for free information and literature on Alzheimer's.](#)

Is it Alzheimer's? There are many causes for memory problems. Some are reversible through treatment and some are a cause for concern.

DEMENTIA is characterized by mental decline and impairment and is a term describing disorders that affect functioning of the brain: loss of memory, judgment, language, complex motor skills, and other intellectual function. People with Alzheimer's do suffer from dementia; however, people with dementia don't necessarily have Alzheimer's. There are many factors that cause dementia, some of which are treatable and reversible. According to The Alzheimer's Foundation, there are warning signs of dementia:

- trouble with new memories
- relying on memory helpers
- trouble finding words
- struggling to complete familiar actions
- confusion about time, place or people
- misplacing familiar objects
- onset of new depression or irritability
- making bad decisions
- personality changes
- loss of interest in important responsibilities
- seeing or hearing things
- expressing false beliefs

DELIRIUM is a cognitive or mental disorder, not a disease, which appears suddenly, often within hours or days, and may come and go throughout the day. It is defined as a temporary confusion caused by underlying medical problems, drug toxicity, or environmental factors. Although very common, delirium often goes unrecognized in elderly individuals with dementia, including Alzheimer's disease. Unlike Alzheimer's, delirium does not involve structural brain damage, and it is oftentimes temporary. The Alzheimer's Association reports these warning signs of delirium:

- confusion and disorientation
- fluctuating levels of consciousness
- jerking motions
- disruption of sleep-wake cycles
- hallucinations, delusions and anxiety
- memory impairment
- altered speech
- intermittent agitated behavior
- mood changes

- behavioral problems such as aggression and wandering
- changes in blood pressure and pulse

DEPRESSION is a mood disorder which can, and often does, affect both a person's mind and body. Experts estimate up to 40 percent of people with Alzheimer's disease suffer from significant depression. Treatment of depression in Alzheimer's disease can improve a person's sense of well-being, quality of life, and individual function. Also, depression can manifest itself as a dementia, and with treatment is 100% reversible. D.P. Devanand, M.D., a professor of clinical psychiatry and neurology at the College of Physicians and Surgeons at Columbia University in New York, and The Alzheimer's Foundation agree: several symptoms are common to both dementia and depression. Here are some warning signs:

- apathy
- lack of interest in people or activities
- poor sleep
- restlessness
- memory loss
- difficulty concentrating

Many people with loved ones suffering from Alzheimer's or dementia are unaware of the options available to them—like in-home care. People have choices when it comes to Alzheimer's care. Loved ones can remain safe, active, and comfortable—even aging in place, at home. However, the first step is in diagnosing the disease and getting necessary medical assistance if warranted.

About [Liberty Healthcare Services](#)

[Liberty Healthcare was acquired by Kevin Zepp in 2007. Kevin brings an extensive healthcare background to Liberty and is continuing to bring unsurpassed healthcare to the surrounding communities. Established in 2002, Liberty Healthcare Services was founded on the premise of providing a refreshing alternative to the home healthcare industry by creating an environment where the client and caregiver are treated with courtesy, compassion and consideration. Liberty Healthcare Services continues the goal of creating a personalized hands-on approach to every aspect of running a traditional homecare agency. Kevin has always been and continues to be involved in every facet of the organization while serving as Liberty's President. By providing unsurpassed healthcare with personal touch, Liberty continues its excellence in its services to the surrounding communities and its residents.](#)

[Further information about Liberty Healthcare Services can be found at \[www.libertyhealthnj.com\]\(http://www.libertyhealthnj.com\).](#)