

## IS IT ALZHEIMER'S? URGE YOUR LOVED ONE TO FIND OUT

Could someone you care about be showing signs of Alzheimer's? Claudia Padilla, MD, a behavioral neurologist on the medical staff at Baylor University Medical Center at Dallas, has tips for persuading a loved one to get checked out.

**Have a plan.** "Approach your loved one in a calm, comfortable and supportive environment, be positive and choose your words carefully," Dr. Padilla says.

**Share your concerns.** "It can be helpful to keep a journal of concerning events that happen over time, and then share it with your loved one to explain your concern," she says.

**Show them the signs.** If your loved one is dismissing symptoms as just part of getting older, share the early signs and symptoms with them ([BSWHealth.com/AlzheimersSigns](https://www.bswhealth.com/alzheimersigns)).

**Offer to go to the appointment.** "Many times, the support of a loved one is enough to give someone the courage to get tested," she says. "Make it less daunting by adding an enjoyable outing after the appointment, like lunch at a favorite restaurant."

**Explain the benefits of treatment.** "Early detection allows individuals to begin treatment sooner, establish a care team and enroll in clinical trials," Dr. Padilla says. "Getting tested earlier leads to a more accurate diagnosis and treatment."

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### Early Diagnosis and Treatment Are Best

The Baylor AT&T Memory Center at Baylor University Medical Center at Dallas has the resources and support for people experiencing Alzheimer's. Visit [BSWHealth.com/MemoryCenter](https://www.bswhealth.com/memorycenter) for information and to schedule an appointment.