

CAREZone



JUL/AUG 2024

Building Up Your Knowledge (Part 3) – Alzheimer’s (5-Part Series)

To help your healthcare provider figure out what’s behind your symptoms, they may review your medical history and use one or more of the following tests and exams:

Medical History. Your medical history helps give your healthcare provider a more complete view of your health.

Cognitive Exam. This exam looks at memory, thinking, problem-solving, and other mental functions with different types of digital and clinical tests. A detailed exam usually has many different questions and exercises. It can help your healthcare provider see if your symptoms are a sign of Alzheimer’s disease.

Lab Tests. Lab tests, such as blood and urine tests, help rule out other conditions that cause symptoms similar to Alzheimer’s disease.

Neurological Exam. This type of exam looks at how well your brain is controlling your reflexes, speech, sensations, and other ways your body works. This can help your healthcare provider figure out what may be causing your symptoms.

Magnetic Resonance Imaging (MRI) Scan. An MRI scan allows your healthcare provider to take a closer look at the size, shape and other aspects of your brain. It can help rule out other conditions that cause symptoms similar to Alzheimer’s disease.

Genetic Tests. Genetic tests can be used to check if you have a certain gene known as ApoE4 that can be a risk factor for developing Alzheimer’s disease. Your healthcare provider may also want to do a genetic test before starting you on treatment for Alzheimer’s disease.

Celebrate Children’s Eye Health and Safety Month in August

Did you know?

- Vision disorders can negatively impact a baby’s ability to bond with their parent/caregiver, their ability to explore the world by reaching and grasping, and also impede development of fine and gross motor skills.
- One in every 4 school-age children and 1 in every 17 preschool-aged children have some form of vision problem requiring treatment.
- 24% of teens with correctable vision have the wrong prescription and this rises to about 33% for Mexican-American and African-American teens.
- 80% of all blindness and vision impairment is either preventable or treatable.

Across the country, as children and parents are gearing up for back to school, remember that healthy vision is critical to academic and social success. As a child grows, an untreated eye disease or condition becomes more difficult to correct. These can worsen and lead to other serious problems as well as affect reading ability, focus, classroom behavior, and social adjustment in school. Vision problems that can affect children include **amblyopia**, (“lazy eye”), **strabismus**, (“crossed eyes”), and the most common forms of refractive error: **myopia** (nearsightedness) and **hyperopia** (farsightedness) and astigmatism.

Prevent Blindness, the nation’s leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight, recommends vision screening and eye care when indicated. The earlier a vision disorder can be identified and treated, the stronger start to learning and development a child will have. To educate parents and caregivers, the National Center for Children’s Vision and Eye Health at Prevent Blindness is offering a newly revised “Guide to Vision Health for Your Newborn, Infant, and Toddler.” This no-cost comprehensive resource offers information on a variety of topics, including milestones for visual development, how to help your baby’s vision to develop, warning signs of possible vision problems, and more.

To download the guide, find out more about children’s vision and Prevent Blindness, log on to <https://www.preventblindness.org/your-childs-sight>.

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“Resources” > Newsletters at: www.MC-Rx.com



JULY IS HEALTHY VISION MONTH

A visual impairment can make it hard to do everyday activities like driving or reading. A visual impairment can't be fixed with glasses, contacts, or other standard treatments like medicine or surgery. Millions of people in the United States are living with a visual impairment.

The good news is that vision rehabilitation services can help you with your daily activities so you can keep doing the things you love to do.

What is vision rehabilitation? If you have a visual impairment, vision rehabilitation can help you make the most of the vision you have and improve your quality of life. There are lots of different types of vision rehabilitation services. Talking with your eye doctor – or your eye care team – is a great way to help you figure out which type of services are right for you.

Examples of vision rehabilitation services are:

- Employment and job training
- Assistive products, like lighting and reading stands
- Technology, like magnifiers and screen readers
- Daily living and independent living skills training
- Emotional support, like counseling or support groups
- Transportation and household services

Who can benefit from vision rehabilitation services? If you have a visual impairment, you can benefit from vision rehabilitation services. Vision rehabilitation services can give you skills and resources to help manage your daily life and keep your independence.

How can I get vision rehabilitation services? You can start by working with your eye doctor or care team to decide which vision rehabilitation services are right for you. Talk to them about your needs and goals for living with your visual impairment.

Your eye doctor is one resource to help you connect with other eye doctors and organizations that provide vision rehabilitation services. Vision rehabilitation professionals – like occupational therapists or orientation and mobility specialists – may also join with your care team and help you make the most of your vision