

# Community Watch learns about Alzheimer's disease, dementia

## KITTRELL COMMUNITY WATCH

The Kittrell Community Watch met May 21 at the Kittrell Community House for a program on Alzheimer's disease and dementia.

Edward Woodlief, president, called the meeting to order, and Carolyn Roy of Plank Chapel United Methodist Church delivered the invocation.

Sheriff Peter White and Deputy Craig Thorpe discussed recent crime issues.

The guest speaker was Cornelia Poer, a clinical social worker at the Duke Geriatric Evaluation and Treatment Clinic. Poer has more than 30 years of experience working with dementia cases, including 17 years at Duke.

She said Alzheimer's disease is a progressive form of dementia that accounts for about half of all dementia cases. The risk of Alzheimer's increases with age.

She said there are about 5 million cases currently, but this is expected to increase to 13 million as the population ages. The exact cause is unknown, but Alzheimer's



Special to The Daily Dispatch  
Kittrell Community Watch treasurer Diane Bullock (from left) joins guest speaker Cornelia Poer and Kittrell Community Watch President Edward Woodlief at the organization's May 21 meeting.

is associated with plaques and tangles in the brain.

Poer said there is no cure at this time, but some drugs may slow the progression of the disease.

She provided a handout of recommended healthy lifestyles that may help prevent or delay the disease. She said the current focus is on research and treatment of Alzheimer's patients.

Poer recommended using a team of caregivers, because patient care can be physically and mentally exhausting, possibly even fatal, for a single caregiver.

She also provided a second handout of resources for Alzheimer's disease.

For more information, or to access both handouts and an audio recording of Poer's talk, go to [kittrellcommunitywatch.com](http://kittrellcommunitywatch.com).

The next Kittrell Community Watch meeting is scheduled for July 16.

**The exact cause is unknown, but Alzheimer's is associated with plaques and tangles in the brain.**

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