

# Special Edition: Alzheimer's Awareness Month

AstraZeneca Supports  
MCIC Efforts with  
Contribution

## The **MCIC** Chronicles

*MCIC: Formed in 1996 to work toward improving the long-term health of all Mississippians. Over 140 members representing 100 public & private organizations*

November 2008

Mississippi Chronic Illness Coalition Newsletter

Vol. 5, No. 5

## MCIC November Meeting Hosted by Alzheimer's Association Mississippi Chapter

The Mississippi Chronic Illness Association welcomes Barbara Dobrosky, program director of the Alzheimer's Association Mississippi Chapter, as she presents the program Wednesday, Nov. 19, with the chapter sponsoring the meeting and providing lunch.

An estimated 5.2 million Americans are living with Alzheimer's with the number expected to grow to 16 million by midcentury, according to the Association's "2008 Alzheimer's Disease Facts and Figures."

With an aging baby boomer population, this degenerative brain disease will continue to touch more lives. Some 50,000 persons have the disease in Mississippi, touching many more people, as family members deal with the daily problems facing the patients and their families.

The Mississippi Chapter seeks to raise greater overall public awareness for the disease as members also seek funding for research. The U. S. Postal Service's issuance of a first-class 42-cent stamp for Alzheimer's represents the Service's effort to highlight health and social issues through its awareness stamp program. The special stamp will illuminate the challenges of those with the disease and their caregivers.

Early diagnosis improves care and treatment options, offering individuals more time to make choices to maximize the quality of life, build the right medical team, and gain earlier access to existing medications, programs and services.

The 24-hour helpline number is 1-800-272-3900.

### **MCIC Receives \$1000 Donation**

*MCIC has received a donation from AstraZeneca for \$1000. Special thanks to our co-chair and chair, Margrett and Mary Helen, for their involvement in making this contribution happen. MCIC is growing.*

(See photo, page 2)

### 10 Warning Signs of the Disease:

- \*Memory loss
- \*Problems with language
- \*Poor decreased judgment
- \*Misplacing things
- \*Changes in personality
- \*Difficulty performing familiar tasks
- \*Disorientation to time and place
- \*Problems with abstract thinking
- \*Changes in mood or behavior
- \*Loss of initiative

"The need for education, information, and supportive services for those with Alzheimer's disease is paramount," according to information on the Alzheimer's Web site. "Fortunately, the Alzheimer's Association provides a wealth of resources to assist those who have been touched by the disease, including a 24/7 Helpline, local information for referrals, care consultations, public education events and support groups."

**Barb Dobrosky's e-mail messages proclaim:**

**"Every 71 seconds someone is diagnosed with Alzheimer's!"**



The United States Postal Service and the Alzheimer's Association joined forces to release the Alzheimer Awareness Stamp Oct. 17.

*Please RSVP for Nov. 19 meeting by Nov. 14. Call 601-957-1575 ext. 209 or e-mail [ckelly@msqio.sdps.org](mailto:ckelly@msqio.sdps.org). Please let us know if you are coming so that your lunch can be ordered.*

January 15, 2009



MCIC's  
*Capitol Day*



MCIC has received a \$1,000 donation from AstraZeneca. Thanks are directed to Margrett Davis and Mary Helen Conner for their efforts in obtaining this financial support. Above, Mary Helen, left, and Sandra Shelson, MCIC treasurer, display the check before Sandra deposited it in the MCIC account established through the cooperation of the Mississippi Rural Health Care Association.

Dear Members,

MCIC is an essential organization to our state that continues to be number one in obesity, a risk factor for numerous chronic diseases. Your involvement in the Mississippi Chronic Illness Coalition is critical to sustaining and directing emphasis on chronic disease control and prevention. It is wonderful to report that we have received a \$1,000 donation from AstraZeneca. We look forward to future contributions to enhance our efforts at sharing vital information throughout the state.

And the latest: MCIC needs a secretary. Once again, we have a vacancy. Feel free to volunteer.

I want to personally thank each one of you for your involvement and ask that you come and bring a friend to the next meeting Nov. 19 at the Osborne Auditorium from 11 til 2. See you there. MH

### Comments from the Chair

Support at Alzheimer's Memory Walk 2008



Meeting at the October Memory Walk at Trustmark Park in Pearl are these supporters of the awareness program, from left, Barb Dobrosky, Mary Margaret Judy, Lee Corlew, who was Memory Walk Champion, Lisa Bean, Lauren Bean, Pam Wilson, and Dr. Virginia Cora.

### Diabetes and Alzheimer's: A Connection?

November is American Diabetes Month, a time to communicate the seriousness of the disease and its complications and the importance of control. MCIC has long been involved with diabetes, with one of its first efforts in the 1990s focused on this chronic disease. As MCIC members focus on Alzheimer's this month, it's also interesting to note that findings are suggesting that poorly controlled diabetes may speed and may even cause Alzheimer's disease. The worry is that today's mushrooming diabetes epidemic will become tomorrow's Alzheimer's epidemic, according to diabetes researchers. Neurologist Sudha Seshadri, MD, of Boston University pointed out that the brains of people with diabetes are about '10 years older' than the brains of same-age persons without diabetes. (Materials will be available to share more information at the MCIC Nov. 19 meeting.)



### Save the Date

Next MCIC Meeting to be held:

**November 19, 2008**

**10 a.m. - 2 p.m.**

Osbourne Auditorium Health Department

*MCIC News & Updates* November 2008

Prepared courtesy of

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