

World Dementia Month: Moving Ahead with Care and Hope

September 21 marked World Alzheimer's Day and September, was Dementia Focus Month, so we bring you the September edition of the Epoch Bulletin that sheds light on dementia. Dementia is not limited to the loss of memory and is a significant problem for millions of people across the world, creating difficulties for people with dementia and their caregivers as well. In this issue, we examine the progression of dementia, new-age treatments, and the world's effort at the fight against the disease at its early stages. Moving forward, let's grasp the extent of change it brings and how we can respond to it in a more effective way.



World Alzheimer's Day | New drugs, early detection offers hope for the patients

"Alzheimer's Disease (AD) is a devastating, progressive neurodegenerative disorder that drastically impacts memory and presents numerous obstacles for patients and caregivers alike. In 2024, we have seen some new drug therapies that are looking very promising in slowing cognitive decline, Donanemab, Lecanemab, and ALZ-801. These therapies act on amyloid plaques and tau proteins, the cornerstones of the disease process. However, even with these great strides, the long-term effectiveness

and side effects are still being researched.

However, early detection still poses a significant problem worldwide because the tests that are available are extremely expensive and not readily available to the public. Research continues, however, into inexpensive diagnostic techniques like blood biomarkers that could screen for the disease many years before the onset of symptoms. Early detection is essential for timely intervention and treatment. But then again there are still many problems like how does plaque build up before symptoms appear, and better less expensive diagnostic tools, like blood tests.

However, in order to capitalize on these medical breakthroughs, healthcare systems will need to put money into detection methods that allow for early detection so that treatment is easier and cheaper. With new treatments on the horizon, the future looks promising, but there are still many obstacles, such as accurate diagnosis and all-encompassing AD management, that can only be surmounted through global collaboration"...(Contd.)

[Read the full article here](#)



Beyond Memory Loss: The Impact of Alzheimer's Disease

"Alzheimer's disease is the most common type of dementia, comprising 70–75% of all cases and other types include vascular and frontotemporal dementia. On the global scale, there are about 55 million people with dementia, and this number is predicted to increase by up to 180 million in the year 2030, more than 60 percent of which will be in low and middle-income countries.

Alzheimer's progresses through three stages: slightly cognitively impaired, moderately impaired, and severely impaired, by which they are unable to address their needs independently. Although there is no treatment, early diagnosis provides an opportunity to manage the disease and halt or reduce further deterioration. Managing risk factors like high blood pressure and obesity can reduce risk. Efforts by NGOs and governments globally, including India, provide education, financial support, and resources for caregivers. New treatments are offering hope for those in the early stages of the disease"...(Contd.)

[Read the full article here](#)



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Guiding Light

Epoch's 5 Golden Rules For Managing Dementia

Practical tips For caregivers to help you make a
difference on World Alzheimer's Day.

World Alzheimer's Day with Epoch's Golden Rules

This World Alzheimer's Day, we came together to celebrate with love, empathy, and a shared commitment to supporting those affected by dementia. We highlighted Epoch's 5 Golden Rules, designed to bridge the gap in dementia care by fostering deeper understanding and meaningful connections. These principles emphasized the importance of patience, compassion, and ongoing support in the daily lives of individuals living with dementia. Through these efforts, we not only aimed at raising awareness but also to inspire action, striving to create a more dementia-friendly, compassionate world for all.

[Watch video](#)



Caring for a Loved One with Dementia

Team Epoch,

Caring for a Loved One with Dementia

"Caring for a loved one with dementia is physically and mentally taxing, eliciting stress, and exhaustion. The caregivers also need attention or care. One major issue that caregivers have to accept is stress since it is normal, they should start developing routines and stop aspiring to be perfect. They have to realize that it's okay to ask for help that can range from professional in-home caregivers to adult day care centers, to respite care, to assisted living facilities, to specialized dementia or memory care units. These services relieve some of the burden while ensuring loved ones receive proper care.

The caregivers need to remember that they are care partners, they are going along with their loved ones on this journey, and they need to be compassionate to themselves. While there is no doubt that caregiving is a very hard, stressful experience, but it definitely brings about strength, growth, and a very strong relationship with the one you are caring for. As a caregiver, balancing self-care with caregiving is essential to sustaining the energy needed to provide compassionate care"...(Contd.)

[Read the full article here](#)



The advertisement features a pink and white background with a large red play button in the center. Below the play button, there are two illustrations: one of a man pushing a woman in a wheelchair outdoors, and another of a woman in a wheelchair sitting at a table with a caregiver. The Epoch logo is at the top, with the text 'epoch' in a red house-like shape and 'assisted living | dementia care' below it. The main title 'Epoch Dementia Day Care Program' is in a large, bold, red serif font. At the bottom, there is a globe icon, the website 'www.epocheldercare.com', and a phone icon with the number '+91 799 618 2777'.

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Epoch Dementia Day Care Program

www.epocheldercare.com +91 799 618 2777

Epoch offers a supportive and stimulating environment for elderly individuals with dementia, focusing on holistic, person-centered care. With over 10 years of experience and a trained, professional team, Epoch follows global best practices to ensure the highest quality of care.

Their program includes structured but adaptive day plans, meaningful activities like cognitive, motor, sensory, and physical engagements, as well as evidence-based therapies such as music, art, and doll therapies. Social interactions, celebrations, and assistance with meals are also integral parts of the care provided. Following are the key benefits of our program:

- Promotes the maximum level of independence
- Normalizes and preserves the quality of life, as much as possible
- Delays further stage progression
- Restores and maintains the individual to the highest possible level of functioning
- Enhances cognitive stimulation
- Managing behavioral challenges

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