

# 什麼是痴呆症? 如何管治痴呆症?



## Dementia Learn What It Is And How To Manage It

CHARLES B. WANG COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心



## 痴呆症影響大腦

痴呆症會令人記憶、認知及說話變得困難。導致痴呆症的原因很多，並且會影響健康及日常生活。某些類型的痴呆症的得病時間越長，病情則越趨惡化。

雖然痴呆症常見於年齡在65歲及以上的人士中，但是這並非是年齡增長的正常現象。

阿茲海默氏症（簡稱阿氏痴呆症）是導致痴呆症的最常見病因。以下是年齡增長的變化與阿氏痴呆症症狀的區別。



| 年齡增長的典型變化                    | 阿茲海默氏症的症狀                              |
|------------------------------|--|
| 你會忘記一些人的名字或錯過預約的時間；但過後，會記起來。 | 會忘記重要的日期或事件。                           |
| 你會忘記支付某個月的賬單。                | 對數字的計算和記憶會有困難，例如：無法處理每月的賬單，或無法管理自己的財務。 |
| 你會弄不清今天是星期幾，但過後又會記起來。        | 對時間及方位感模糊，不知身在何處或如何來到此地。               |
| 你偶爾會忘記如何使用一些詞匯。              | 與別人交談時，在理解和表達上有困難。                     |
| 你經常做出錯誤的決定。                  | 在處理錢財時會出現混亂。不注重梳洗及個人衛生。                |
| 你經常將物品放錯地方。                  | 到處亂放東西，經常丟失物品，無法找回。                    |

## 其它常見的阿茲海默氏症的症狀：

- 難以完成日常活動 — 購物、煮飯、開車有困難，或難以記起遊戲規則。
- 視力問題 — 閱讀、辨別或對比顏色時有困難。
- 對社交活動失去興趣 — 不再喜歡與朋友或家人在一起。
- 性格或情緒突然變化 — 無緣無故地感到不開心，多疑、憂鬱或害怕。

## 預防痴呆症，保持大腦健康



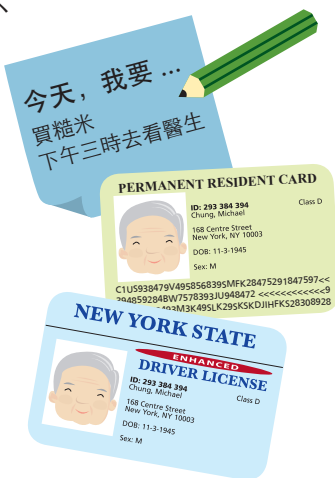
- 定期檢查身體
- 進食有助心臟健康的食物，不要飲酒及吸煙。
- 每天至少運動30分鐘。
- 減少壓力，睡眠充足。
- 閱讀報紙或雜誌、彈奏樂器、欣賞音樂、下象棋或打麻將。
- 參加家庭聚會或社交活動。
- 如果你感到憂鬱，應尋求幫助。

## 如果你或你關心的人士出現痴呆症的症狀，應去看醫生。

憂鬱症通常容易與痴呆症的早期症狀混淆。醫生會為你或你關心的人士做檢查並確診是否患有痴呆症。知道你或你關心的人士患有痴呆症可能是很可怕的事情。你可能感到無助、羞愧和孤獨。但是你可諮詢醫生、護士或社工如何管治痴呆症的症狀。你應積極面對，不給家人帶來負擔。盡早看醫生有助於控制病情，盡可能保持生活自理。

## 按照下述建議管治痴呆症的症狀：

- 隨身攜帶記事本。在記事本上寫下要做的事情。把做完的事情刪除。
- 依照日程表。在家貼着每天的定時活動表，例如：用餐、做運動、睡覺以及服藥。把重要的物品放在同一個地方。
- 注意安全。把重要的電話號碼放在電話旁。貼上“勿忘鎖門”，“關上電器”等紙條來提醒自己。
- 把個人資料卡放在錢包或手袋內。以防迷路，資料卡上應有你的姓名、地址以及你家人的聯絡電話。
- 避免干擾。聽電話留言時，應關掉電視或收音機，集中注意力去聽和寫下電話內容。
- 對自己要有耐性。不用急，給自己多一些時間把事情做完。當你感到有能力時，再做較複雜的事情。
- 告訴別人你的需要。如果你聽不懂，請別人說慢一些或重覆。



我知道自己患有阿茲海默氏症後，在醫生與社工的幫助下，我得到了家庭護理服務。我學會如何通過打麻將及為家人做飯來保存記憶力。我很高興我能管治這種疾病、並能過上健康的生活。

## 瞭解更多詳情，請瀏覽下述網址：

阿茲海默症協會(英文): [www.alz.org](http://www.alz.org)

阿茲海默症協會(中文): [www.alz.org/asian/chinese.asp](http://www.alz.org/asian/chinese.asp)

家庭看護者聯盟(英文): [www.caregiver.org](http://www.caregiver.org)

家庭看護者聯盟(中文): <http://bit.ly/bxVZgb>



## Dementia Affects The Brain

Dementia makes it hard for a person to remember, learn, and talk. It has many causes and can lead to health and daily living problems. Some forms of dementia get worse over time.

Although dementia is common among people 65 years and older, it is not a normal part of aging.



Alzheimer's disease is the most common cause of dementia. Learn the difference between typical changes during aging and signs of Alzheimer's disease.

| Typical Changes During Aging  | Signs Of Alzheimer's Disease   |
|---|--|
| You forget names or appointments but remember them later.           | You forget important dates or events.  |
| You miss a monthly payment.   | You have problems working with numbers, such as monthly bills. You cannot make a budget.                 |
| You get confused about the day of the week but figure it out later. | You lose track of time. You may forget where you are or how you got there.                               |
| You forget what word to use once in a while.                        | You have trouble following a conversation.   |
| You make a bad decision from time to time.                          | You use poor judgment when dealing with money. You pay less attention to grooming and cleaning yourself. |
| You misplace things from time to time.                              | You put items in odd places. You lose items and cannot retrace your steps to find them.                  |

## Other Common Signs Of Alzheimer's Disease Are:

- **Difficulty completing daily tasks** — It may become harder to shop for groceries, cook, drive, or recall the rules of a game.
- **Vision problems** — You may have problems with reading or recognizing color or contrast.
- **Loss of interest in social activities** — You may not feel like spending time with friends or family.
- **Personality or sudden mood changes** — You can become upset, suspicious, depressed, or fearful without understanding why you feel this way.

## Prevent Dementia. Keep Your Brain Healthy



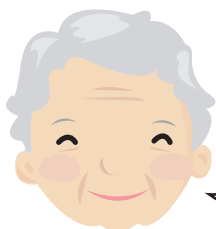
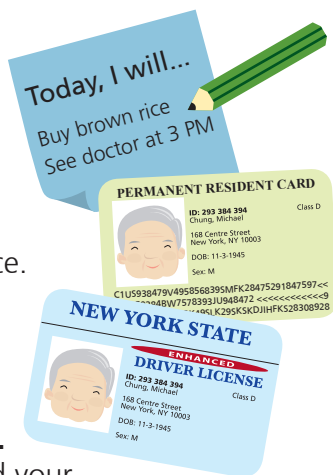
- Get regular check-ups.
- Eat a heart-healthy diet. Avoid drinking and smoking.
- Exercise at least 30 minutes a day.
- Reduce stress and get enough sleep.
- Read newspapers or magazines, play music, or play Chinese chess or mahjong.
- Attend family gatherings and social events.
- Seek help if you feel depressed.

## See a Doctor if You or Your Loved One Shows Signs of Dementia

Depression is commonly confused with early signs of dementia. A doctor can properly test you or your loved one for dementia. Learning that you or your loved one has dementia can be scary. You may feel helpless, ashamed, and alone, but ask your doctor, nurse, or social worker how to manage dementia symptoms. Stay positive—you will not be a burden to your family. Getting seen early by your doctor can help you preserve your independence as much as possible.

# Follow These Tips To Manage Dementia Symptoms:

- **Carry a notepad.** Make a list of errands. Check them off when done.
- **Follow a routine.** Post a schedule of daily tasks, such as meal times, exercise, bed time, and taking pills. Keep important items in the same place.
- **Stay safe.** Keep phone numbers by the phone. Post reminders to lock doors and turn off appliances.
- **Keep an ID card in your wallet or purse.** Make sure your name and address and your family's contact information are on it in case you get lost.
- **Remove distractions.** When listening to messages, turn off the TV or radio, so you can focus better and take notes.
- **Be patient with yourself.** Give yourself time to complete tasks. Do harder tasks when you feel your best.
- **Let people know your needs.** Ask people to speak slowly or repeat things if you don't understand.



When I found out I had Alzheimer's disease, I received home care service with help from my doctor and social worker. I learned to manage my memory loss by playing mahjong and cooking for my family once in a while. I am glad to have been able to manage the disease and live a healthy life.

## For More Information

**Alzheimer's Association (English):** [www.alz.org](http://www.alz.org)

**Alzheimer's Association (Chinese):** [www.alz.org/asian/chinese.asp](http://www.alz.org/asian/chinese.asp)

**Family Caregiver Alliance:** [www.caregiver.org](http://www.caregiver.org)

**Factsheets in Chinese:** <http://bit.ly/bxVZgb>





CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

**General Info Line / 諮詢熱線**

(212) 226-8339

**Website / 網址**

[www.cbwchc.org](http://www.cbwchc.org)

**268 Canal Street, New York, NY 10013**

Internal Medicine / 內科部

(212) 379-6998

Women's Health / 婦女健康部

(212) 966-0228

**125 Walker Street, 2/F, New York, NY 10013**

Pediatrics & Adolescent Health / 兒科及青少年部

(212) 226-3888

Teen Resource Center (TRC) / 青少年資源中心

(212) 226-8866 ext. (內線) 5209

Dental / 牙科部

(212) 226-9339

**136-26 37th Avenue, Flushing, NY 11354**

Internal Medicine / 內科部

(718) 886-1200

OB/GYN / 婦產科部

(718) 886-1287

Pediatrics / 兒科部

(718) 886-1222

**Health Education Department / 健康教育部**

(212) 966-0461

**Social Work Department / 社工部**

Chinatown / 華埠 (212) 226-1661

Flushing / 法拉盛 (718) 886-1212

The Charles B. Wang Community Health Center encourages electronic or print redistribution of this material for non-profit purposes, provided that you acknowledge this material as the health center's work product. Unauthorized, for profit redistribution is not allowed.

The content of this brochure has been reviewed by clinical staff. The content is not a substitute for professional medical advice. See your doctor if you have questions about a medical condition.

王嘉廉社區醫療中心鼓勵以非牟利性的電子信息或印刷品形式使用本資料，同時請注明本資料是由王嘉廉社區醫療中心編製。未經許可，不得以牟利為目的使用本資料。

這份資料的內容已由本中心的醫療人員審閱，資料的內容不能取代專業人員的醫療建議。如有任何關於醫療的問題，請與醫生聯繫。

Development of this educational material was made possible with funding from The Fan Fox & Leslie R. Samuels Foundation, Inc.

此份教育材料的編寫和製作由The Fan Fox & Leslie R. Samuels Foundation, Inc.資助。