



NEWSLETTER #3 – Feb 2021

Coronavirus and Alzheimer's

Introduction

Now almost a year in, the Coronavirus pandemic has had a serious impact throughout the Alzheimer's community on both those living with the disease and their caregivers. For a look at the NYC story see Ira's Op-ed in the Daily News on January 4, 2021:

<https://www.nydailynews.com/opinion/ny-oped-how-covid-exacerbates-alzheimers-20210104-pqgxurdfgvfk3g46nykajw5xui-story.html>

Impact

The impacts are not limited to NYC. As Roger Lowe writes, "The impacts are widespread and significant. Many people living with Alzheimer's disease or "other dementias are feeling more anxious and lonely. Caregivers are seeing more agitation, suspicions and marked declines in their loved ones with the disease. Visitor bans in nursing homes and other facilities make assessing the health of a family member with dementia much harder – as more facilities report coronavirus cases". For a more in-depth look, see Roger Lowe's posting in Us Against Alzheimer's:

<https://www.usagainstalzheimers.org/blog/covid-19-pandemics-disproportionate-and-dangerous-effects>.

Ron Petersen, MD, PhD, FAAN, Professor at the Mayo Clinic College of Medicine, Behavioral Neurologist and Director of the Mayo Clinic Alzheimer's Disease Research Center, hosted a Facebook Live with the American Brain Foundation to speak about COVID-19 and its impact on those with Alzheimer's disease. **Make sure to watch the video:**

<https://www.americanbrainfoundation.org/alzheimers-and-covid-19/>

In a recent issue, USA Today took the issue one step further:

<https://www.usatoday.com/story/news/health/2021/01/21/alzheimers-patients-dying-during-covid-19-pandemic/4218661001/>

Tips for Caregivers

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

Several organizations have suggested what steps we can take in caring for our loved ones:

- [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care),
- <https://www.webmd.com/alzheimers/dementia-care-during-coronavirus#2>.
- <https://www.landmarkhealth.org/resource/tips-on-dementia-caregiving-in-the-covid-19-outbreak>
- <https://www.healthline.com/health-news/caring-for-people-with-alzheimers-during-covid-outbreak>.

Summary

We hope you find this helpful and are able to get the vaccine. Getting vaccinated will help to reduce one of our great stresses.

Some good News

Some good things are happening in the treatment of Alzheimer's using Gamma Light Therapy. Check the following articles:

- <https://www.businesswire.com/news/home/20210112005364/en/Cognito-Therapeutics-Receives-FDA-Breakthrough-Device-Designation-for-Next-Generation-Digital-Therapeutic-in-Alzheimer%E2%80%99s-Disease>,
- <https://www.fiercebiotech.com/medtech/cognito-therapeutics-nets-fda-breakthrough-label-for-light-sound-therapy-for-alzheimer-s>.
- [Love to Move | British Gymnastics Foundation](#)

Note: Don't forget, we have a number of first-rate programs taking place in the city. A complete list of all of the programs can be found in our initial newsletter.

[Newsletter #1](#)

Note: If you have any questions or concerns please contact Ira at Ira@asherman.com