

*Alzheimer's disease*  
is a progressive disorder of the brain that affects approximately four million Americans. This disease begins gradually. Symptoms may include: confusion, disorientation, anxiety, and difficulties doing daily tasks such as following directions.

However, there are other medical conditions that can cause these same symptoms, and some are treatable. By carefully evaluating people with memory loss, we hope to determine the cause of their symptoms and provide appropriate referrals for possible treatment and care.



**STANFORD/VA ALZHEIMER'S  
RESEARCH CENTER OF CALIFORNIA**  
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## *An Introduction to Our Center...*

Since 1980, a team of researchers from Stanford University and the Veterans Affairs Palo Alto Health Care System, Department of Psychiatry, have been studying Alzheimer's disease and related memory disorders.

In January of 1989, funding was obtained from the State of California Department of Health Services to establish the Stanford/VA Alzheimer's Disease Research Center of California. We are one of ten centers funded by the state of California.

These centers provide information, referral services, and comprehensive assessments of individuals with memory problems. These include neurological, psychiatric and psychological evaluations, as well as care planning conferences for families and caregivers.

The centers play an important role in fostering research, professional education and training. All the centers are collaborating to develop a central pool of information on Alzheimer's disease in California. This includes the evaluation of FDA approved medications for Alzheimer's disease.

## *Services & Activities*

Our center provides a comprehensive diagnostic evaluation by a multidisciplinary clinical team. We also have experienced staff who work with the Hispanic and Asian population. The evaluation includes:

- ✧ Evaluation and diagnosis of memory problems
- ✧ Family conferences following the evaluation, to review results and to discuss recommendations for care
- ✧ Reports to private physicians, when requested
- ✧ Support groups and patient/family education (All participants may attend support groups and classes for caregivers.)
- ✧ Our staff is available for consultation and support throughout the course of the illness.

## *Research Programs*

After the diagnostic evaluation, there are other research programs available.

- ✧ The genetics of Alzheimer's disease
- ✧ The effects of Alzheimer's disease on families and caregivers
- ✧ Sleep disturbances
- ✧ Brain imaging
- ✧ Possible drug treatments
- ✧ Identification of diagnostic markers
- ✧ Brain donor program

## *Referral/Eligibility*

Individuals with any symptoms of memory loss or mental decline may be referred by self, their family, community agency, or personal physician. The Center is not limited to Alzheimer's disease. Any individual whose primary problems may result from a dementia of any sort can be seen. Individuals continue to see their private physician for primary care. Veterans and non-veterans are welcome.

## *Cost*

There is no cost for the services provided by the Center. However, to rule out medical problems, patients may be referred to their private physician for laboratory tests and will be expected to cover these costs using their medical insurance or other private means.