

Name: Jane Doe

Class Period: A1

1. I interviewed **my father** on **December 15, 2018**.

2. This is what I learned:
 - a. **Heart disease, cancer, arthritis, and diffuse lewey bodies disease** are the non-communicable diseases that run in our family.

 - b. My **paternal grandfather** was **70** years old when he/she was diagnosed with **diffuse lewey bodies disease**. It is a disease that includes: **unpredictable levels of cognitive ability, attention or alertness, changes in walking or movement, visual hallucinations, and sleep disorders**.

 - c. Grandpa experienced **progressive dementia** where he started to forget things from **his life, didn't know how to do basic tasks like brushing his teeth. He had hallucinations where he thought he saw dead relatives and had conversations with them. Eventually he couldn't walk and was bed ridden.**

- d. Some of the treatment that he received included: medications, physical therapy, occupational therapy, and eventually a live in nurse to help care for him.
- e. Grandpa lived 5 years with this condition.
- f. The disease affected their overall health and lifestyle by: Grandpa eventually was unable to perform daily tasks. He slowly lost the ability to walk or use his arms. He forgot who we were and would cry because he didn't know where he was.
- g. The disease affected the health and lifestyle of other family members because Grandma had to stop everything to take care of him. She stopped working in the kindergarten class where she had worked for over 25 years. They couldn't travel any more to see grandchildren graduate or get married. Grandma would get tired from taking care of grandpa and lonely from being at home all the time. We would come and visit, but Grandpa couldn't leave the house. Their children had to step in and take care of the things around the house that grandpa used to do like mowing the lawns or fixing broken things.

- h. My own question: *What was the hardest thing for you during this process?* My dad said that it was hard to watch his father slowly decline and be unable to do the things that he enjoyed doing. The disease took 5 years of his life and we were powerless to stop it. It really wore out my grandma. It was good that we had plenty of time to say goodbye, but it was hard to watch.
- i. Are you, personally, at risk for this disease? *Not at this time.* Advanced age (50-85 years old) is considered to be the greatest risk factor for Lewy body dementia. It appears to affect slightly more men than women. Having a family member with Lewy body dementia may increase a person's risk.
- j. What can you do to decrease your risk for this disease both now and in the future? Adopting a healthy lifestyle (exercise, mental stimulation, nutrition) might delay age-associated dementias.

k. What warning signs do you need to watch for in your life? I found the list below of possible symptoms. I don't think my grandfather had all of them, but I can see that some of them affected his health.

- deficits in attention and executive function
- Prominent memory impairment
- Fluctuating cognition with pronounced variations in attention and alertness.
- Recurrent complex visual hallucinations, typically well formed and detailed.
- REM sleep behavior disorder (RBD), which can appear years before the onset of dementia and parkinsonism.
- Repeated falls and syncope (fainting).
- Transient, unexplained loss of consciousness.
- Autonomic dysfunction.
- Hallucinations of other senses, like touch or hearing.
- Visuospatial abnormalities.
- Other psychiatric disturbances.