

# *The Will To Win*

*If you want a thing bad enough  
To go out and fight for it,  
Work day and night for it,  
Give up your time and your peace and  
your sleep for it*

*If only desire of it  
Makes you quite mad enough  
Never to tire of it,  
Makes you hold all other things tawdry  
and cheap for it*

*If life seems all empty and useless without it  
And all that you scheme and you dream is about it,*

*If gladly you'll sweat for it,  
Fret for it, Plan for it,  
Lose all your terror of God or man for it,*

*If you'll simply go after that thing that you want.  
With all your capacity,  
Strength and sagacity,  
Faith, hope and confidence, stern pertinacity,*

*If neither cold poverty, famished and gaunt,  
Nor sickness nor pain  
Of body or brain  
Can turn you away from the thing that you want,*

*If dogged and grim you besiege and beset it,  
You'll get it!*

*-- Berton Braley*



## *How do we stop or delay this disease?*

An Alzheimer's diagnosis can be devastating, and even the worry of developing the disease can be overwhelming. But now we know much more about the brain and about the disease than we did 20 or 30 years ago, and there really are things that can help boost your brain! You can actually change your brain creating new neural pathways by learning more - and there are lots of activities that can help prevent, or slow the progress of Alzheimer's. Think about how you can regularly incorporate some of these activities into your life.

- **Puzzles.** Jigsaw, Sudoku, or crossword puzzles are some of the best tests for your brain. They help you put things in order and connect the dots, as well as allow you to think of words from several different vantage points (as in the case of crosswords). Try brain teasers such as the ones you can find on [www.braingle.com](http://www.braingle.com), [www.brainbashers.com](http://www.brainbashers.com), or [www.gamesforthebrain.com](http://www.gamesforthebrain.com).
- **Read difficult material.** War and Peace may seem like a snoozer, but it can help your brain to pick up a copy! Continuing to read, especially difficult material, will help keep your brain elastic, lucid and ever-changing in shape. Subscribe to a financial review or visit your library to find some difficult and stimulating books.
- **Get social.** Join a book club, organize a weekly bunko group, play bridge, host a knitting group, join a classic car club, join a small-group at church... do whatever you can to stay social. Social stimulation is brain stimulation, and it can help with not only your well-being, but in keeping your brain active as well.
- **Start writing.** Write in this Alzheimer's Journal an article for a local newspaper, re-connect with that old pen-pal or start a blog (check out Bob Blackwell's blog - he was diagnosed with Alzheimer's in 2007). You can even start creating a scrapbook, with stories from your life, with stories from your life. Involve your kids. Any kind of writing is going to boost your brain, and you get bonus points for digging out your thesaurus!
- **Get plenty of sleep.** It will help you stay alert and focused, and helps your body heal.
- **Take classes.** Whether it's online or from a local college, study anything and everything that interests you. Sure, you might be a non-traditional student, but not only will you get the benefit of a work-out for your brain, you'll get social stimulation as well. Get into a shop class, pottery, Shakespearean literature, learn Chinese or Latin, join a chorus or learn the flute - whatever you decide to study will help build new neural pathways in your brain.



*Patience is  
bitter, but it  
bears sweet  
fruit*

## *How do we stop or delay this disease?*

- **Get political.** When you start to debate things with people, your brain function increases. Just about everybody has a firm view on certain political issues, so use yours to help stimulate your brain. What do you do if all your friends seem to have the same views as you? Start playing devil's advocate and research the other side of an argument; talk about how you would respond to such an argument. Visit [www.americasdebate.com](http://www.americasdebate.com) for a place to voice your opinions and discuss events.
- **Practice ambidexterity.** Try writing with the hand you don't usually use, or maybe just try setting the table with it. This will help connect the two sides of your brain and create new pathways.
- **Get plenty of exercise.** Just like your brain needs exercise, your body does, too. What's more, exercising your body improves blood flow to the brain, and brain function in general. A brisk walk is a win-win activity.
- **Eat a healthy diet.** A diet rich in Omega-3 fatty acids may help slow or prevent Alzheimer's. In addition, if you're consuming lots of richly-colored vegetables and fish, and limiting fats and junk food, you're going to have a healthier body and a healthier brain.
- **Grab a cup of joe.** Research shows that a cup of coffee may improve your short-term memory for as much as 45 minutes.
- **Skip the booze.** While a small amount of alcohol, such as a glass of red wine with dinner, may be good for your heart and health, be careful not to drink much more than that. Alcohol limits your recall and can cause a breakdown in memory storage and can also cause confusion.



I took my medicine at:

---



---



---



---



I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---



Month \_\_\_\_\_

Day \_\_\_\_\_

Monday

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Tuesday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

Month

Day

# Wednesday



*Love is the  
compass of life.*

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



Month \_\_\_\_\_

Day \_\_\_\_\_

# Thursday

Today was a good day because...  
(write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_



Month \_\_\_\_\_

Day \_\_\_\_\_

Friday

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...





I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Saturday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Sunday

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

---



---



---



---



I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---



Month \_\_\_\_\_

Day \_\_\_\_\_

Monday

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Tuesday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

Month

Day

Wednesday



Love is the compass of life.

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



Month \_\_\_\_\_

Day \_\_\_\_\_

# Thursday

Today was a good day because...  
(write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_



Month \_\_\_\_\_

Day \_\_\_\_\_

Friday

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Saturday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...





I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Sunday

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

---



---



---



---



I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---



Month \_\_\_\_\_

Day \_\_\_\_\_

Monday

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Tuesday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

Month

Day

Wednesday



Love is the compass of life.

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



Month \_\_\_\_\_

Day \_\_\_\_\_

# Thursday

Today was a good day because...  
(write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_



Month \_\_\_\_\_

Day \_\_\_\_\_

# Friday

I took my medicine at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_  
\_\_\_\_\_

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Saturday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Sunday

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...





I took my medicine at:

---



---



---



---



I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---

I ate at:

---

I had:

---



---



Month \_\_\_\_\_

Day \_\_\_\_\_

Monday

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Tuesday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

Month

Day

# Wednesday



*Love is the  
compass of life.*

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Thursday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



Month \_\_\_\_\_

Day \_\_\_\_\_

Friday

I took my medicine at:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

I ate at:

\_\_\_\_\_

I had:

\_\_\_\_\_

\_\_\_\_\_

Today was a good day because...  
(Write about what went well)

Today was a difficult day because...  
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Saturday

Today was a good day because...
(write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...



I took my medicine at:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_

I ate at:

\_\_\_\_\_
\_\_\_\_\_



Month

Day

Sunday

Today was a good day because...
(Write about what went well)

Today was a difficult day because...
(Write about what didn't go well)

Tomorrow I would like to...

Additional thoughts...

# Medications to Treat Alzheimer's Disease

This brief summary does not include all information important for patient use and should not be used as a substitute for professional medical advice. Consult the prescribing doctor and read the package insert before using these or any other medications or supplements. Drugs are listed in order of FDA approval, starting with the most recent.

DRUG NAME	DRUG TYPE AND USE	HOW IT WORKS	COMMON SIDE EFFECTS	MANUFACTURER'S RECOMMENDED DOSAGE	FOR MORE INFORMATION
Namenda® (memenda)	N-methyl D-aspartate (NMDA) antagonist prescribed to treat symptoms of moderate to severe AD	Blocks the toxic effects associated with excess glutamate and regulates glutamate activation	Dizziness, headache, constipation, confusion	<ul style="list-style-type: none"> <li>Initial dose: 5-mg tablet once a day</li> <li>May increase dose to 10 mg/day (5 mg twice a day), 15 mg/day (5 mg and 10 mg as separate doses), and 20 mg/day (10 mg twice a day) at minimum 1-week intervals if well tolerated</li> <li>Also available as oral solution; same dosage as above</li> </ul>	For current information about this drug's safety and use, visit <a href="http://www.namenda.com">www.namenda.com</a> . Click on "Prescribing Information" to see the drug label.
Razadyne® (galantamine) Also available as a generic drug	Cholinesterase inhibitor prescribed to treat symptoms of mild to moderate AD	Prevents the breakdown of acetylcholine and stimulates nicotinic receptors to release more acetylcholine in the brain	Nausea, vomiting, diarrhea, weight loss, loss of appetite	<ul style="list-style-type: none"> <li>Tablet: Initial dose of 8 mg/day (4 mg twice a day)</li> <li>May increase dose to 16 mg/day (8 mg twice a day) and 24 mg/day (12 mg twice a day) at minimum 4-week intervals if well tolerated</li> <li>Extended-release capsule: Same dosage as above but taken once a day</li> <li>Also available as oral solution; same dosage as above</li> </ul>	For current information about this drug's safety and use, visit <a href="http://www.razadyneer.com">www.razadyneer.com</a> . Click on "Important Safety Information" to see links to prescribing information.
Exelon® (rivastigmine)	Cholinesterase inhibitor prescribed to treat symptoms of mild to moderate AD	Prevents the breakdown of acetylcholine and butyrylcholine (a brain chemical similar to acetylcholine) in the brain	Nausea, vomiting, diarrhea, weight loss, loss of appetite, muscle weakness	<ul style="list-style-type: none"> <li>Capsule: Initial dose of 3 mg/day (1.5 mg twice a day)</li> <li>May increase dose to 6 mg/day (3 mg twice a day), 9 mg (4.5 mg twice a day), and 12 mg/day (6 mg twice a day) at minimum 2-week intervals if well tolerated</li> <li>Patch: Initial dose of 4.6 mg once a day; may increase to 9.5 mg once a day after minimum of 4 weeks if well tolerated</li> <li>Also available as oral solution; same dosage as capsule</li> </ul>	For current information about this drug's safety and use, visit <a href="http://www.fda.gov/cder">www.fda.gov/cder</a> . Click on "Drugs@FDA," search for Exelon, and click on drug-name links to see "Label Information."
Aricept® (donepezil)	Cholinesterase inhibitor prescribed to treat symptoms of mild to moderate, and moderate to severe AD	Prevents the breakdown of acetylcholine in the brain	Nausea, vomiting, diarrhea	<ul style="list-style-type: none"> <li>Initial dose: 5-mg tablet once a day</li> <li>May increase dose to 10 mg/day after 4-6 weeks if well tolerated</li> </ul>	For current information about this drug's safety and use, visit <a href="http://www.fda.gov/cder">www.fda.gov/cder</a> . Click on "Drugs@FDA," search for Aricept, and click on drug-name links to see "Label Information."