

## **ALZHEIMER'S A TO Z**

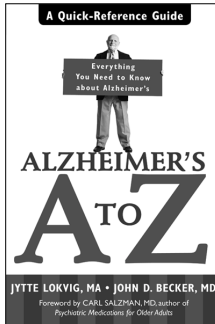
*Everything You Need to Know About Alzheimer's*

By Jytte Lokvig, M.A., and John D. Becker, M.D.

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### **EMPATHY AND PATIENCE ARE KEY TO COMMUNICATING PAST THE BARRIER OF ALZHEIMER'S DISEASE**

*Neurologist and caregiver offer the first ever encyclopedia to aid those caring for Alzheimer's patients*

Organized as an encyclopedia, *Alzheimer's A to Z* offers key information for people caring for those with Alzheimer's disease that they may not find anywhere else. An array of practical information ranging from how to get your parent dressed in the morning to how short term memory works, *Alzheimer's A to Z* is formatted with brief and self-explanatory headings, followed by explanation and anecdotal applications. This book will be the quick go to guide for people who need information about this disease, fast.

## **ABOUT THE AUTHORS**



**Jytte Lokvig, M.A.**, has been a professional caregiver for people with Alzheimer's disease since 1994 when, as a favor to a friend away on business, Jytte began regular visits to their mother, who had Alzheimer's. After a rocky start Jytte learned to penetrate the communication barriers brought on by the disease, and forged a relationship that was soothing and enjoyable to her new friend. Soon other families were approaching Jytte for assistance with their loved ones. Jytte Lokvig now gives workshops and speaks nationally on the subject of caring for Alzheimer's patients. She lives in Santa Fe, NM.

**John D. Becker, M.D.**, is a physician in private practice specializing in the treatment of people with Alzheimer's disease.

**FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:**

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## **SUGGESTED INTERVIEW QUESTIONS**

1. Please describe your experience with Alzheimer's patients.
2. What are some common misconceptions that people have about those with Alzheimer's?
3. You have a wide range of topics in your book, from "acceptance" to "zippers" — what is the benefit of the book's encyclopedia format, and how does it help caregivers?
4. What are a few of the biggest challenges facing someone caring for a parent or spouse with Alzheimer's?
5. You mention in your book the affect that crowds in public places can have on an Alzheimer's person; could you discuss that, and the best way to respond to outbursts in public?
6. Could you explain what paperwork an Alzheimer's person should carry on them at all times, and the significance of each?
7. What are some ways that caregivers and loved ones can keep their spirits and energy levels up?

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## RAVES FOR JYTTE LOKVIG

*“Jytte Lokvig...brings compassion, gentleness, and humor to a subject too often filled with fear and mystery.”*

—**Carly Newfeld**

Goddess Radio, KSFR [Santa Fe, NM]

*“Jytte’s topic is timely, on the mark, and she saves people a lot of heartache and money with her advice...Her passion for helping people combined with her enthusiasm for a tough subject guarantee a great interview.”*

—**Jacqueline Marcell**

Author of *Elder Rage* and host of “Coping with Caregiving”

*“[This is] a wonderful book for those dealing with a friend or loved one with Alzheimer’s...Written in a style reminiscent of a family friend helping you understand someone with Alzheimer’s, it inspires confidence, empathy, and patience in a caregiver.”*

—**Midwest Book Reviews**

*“I found Alzheimer’s A to Z to be extremely helpful, easy to read ... and reassuring that trusting one’s own instincts is often the best thing to do.”*

—**Pat Conoway**

Caregiver

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