



## Memory loss is not a normal part of aging.

It is often difficult to recognize that someone you care about is suffering from memory issues. At times these may be accompanied by undiagnosed depression and anxiety. Now, there is a special team of professionals prepared to help.



### *Elliot Memory & Mobility Center*

*Preserving Independence*

**M**any people believe that as we get older, we become more forgetful. “Senior moments,” we call them, and we don’t pay them much attention. While it is true that occasional lapses of memory such as forgetting where we put something, or why we walked into a room, are normal for anyone regardless of age, more frequent memory problems could mean a more serious problem, such as dementia. Memory loss is not a normal sign of aging.

Dementia is not a formal diagnosis, but rather a term used to describe a range of conditions causing problems with memory, problem solving, or other skills that can impact daily life. The most common form of dementia is Alzheimer’s disease. One in eight older adults suffers from it.

### **DIAGNOSING MEMORY LOSS**

A memory screening usually involves an interview and evaluation with a psychiatrist, neurologist, or primary care physician to determine if the patient is having difficulties outside of what would be considered normal for his or her age. If the results are normal, a rescreening is typically recommended in one year. If results are abnormal, further memory evaluation may be suggested to help the patient and develop a treatment plan.

The Elliot Memory and Mobility Center at Londonderry is a new innovative community-based program focusing on memory and mobility problems in adults. According to Juergen Bludau, Executive Director of Geriatric Services and the geriatrician with the Center, “Our clinic provides a level of expert care not currently available in the community supporting local primary care physicians, hospitals, assisted living facilities and families. The clinic addresses the need for accurate and timely diagnosis of the memory problem, provides the primary care physician and the families with state-of-the-art therapy recommendations and helps

### **ALZHEIMER’S DISEASE WARNING SIGNS**

The Alzheimer’s Association identifies 10 warning signs:

1. memory loss which disrupts daily life
2. challenges in planning and problem solving
3. difficulty with completing familiar tasks
4. confusion with time and place
5. trouble understanding visual/spatial relationships
6. new problems with speaking or writing
7. misplacing things and losing the ability to retrace steps
8. decreased or poor judgment
9. withdrawal from social activities
10. changes in mood and personality

If you or someone you know has some of these symptoms, you may be concerned about whether they have dementia. Confusion, forgetfulness, and inattention do not always mean there’s a neurological problem. Sometimes symptoms may be related to other medical issues, which is why it is important to get an evaluation. Other problems, such as vitamin deficiencies, thyroid disease, and even certain medications can cause problems similar to dementia. Further, psychological symptoms such as anxiety and depression can often mimic certain cognitive disorders.

reduce the functional decline by aggressively treating gait and balance through the use of physical and occupational therapy.”

In addition to Dr. Bludau, patients spend time with Dr. Ross Gourvitz, a clinical neuropsychologist who previously directed a memory program in Brooklyn, NY. “I conduct a series of paper and pencil tests to help identify the cause of the memory problem,” says Dr. Gourvitz, “These tests can be useful in differentiating between reversible and non-reversible causes of dementia.” Dr. Gourvitz continues, “the Center was designed with some flexibility, although the primary memory concern of the aging population may be dementia, we also have the expertise to diagnose and treat cognitive problems secondary to stroke, traumatic brain injury, and other non age-related impairments.”

Dr. Samtharam Yadati, a psychiatrist, devises a treatment plan if behavioral issues or mental health concerns are present. The Center

also works closely with a neurologist who will help diagnose underlying neurological problems. Rounding out the team is the social worker who works closely with the family and patient to provide education and help connect families to community resources and the physical and occupational therapists who plan a rehabilitation program to help patients with gait and balance problems.

“What makes this program truly unique, and unlike anything that I have seen in New York, or elsewhere, is the interface between such diverse but interconnected disciplines. Geriatric medicine, rehabilitation medicine, psychiatry, neurology, neuropsychology, social services, and even radiology. Patients in

Southern New Hampshire are quite fortunate that a program like this now exists,” says Gourvitz.

For more information on the Elliot Memory & Mobility Center or to schedule an appointment, please call 552-1670.



## Elliot Memory & Mobility Center

*Preserving Independence*

### OUR TEAM

Our team is a highly trained team of doctors, nurses, physical therapists, social workers, neuropsychologists, and other medical professionals.



**J. Bludau, M.D.**

Dr. Juergen H. Bludau was born in Germany and educated in England. He received his medical degree

from the Royal College of Surgeons in Ireland and completed his postgraduate studies in the US. He is a board-certified, Harvard fellowship-trained geriatrician, and the Executive Medical Director of Geriatrics and Home Care of the Elliot Health System. Prior to his current position he was the Clinical Chief and Director of the clinical geriatric services at the Brigham and Women's Hospital, Division of Aging. He is board member of the Massachusetts/NH Chapter of the Alzheimer's Association and the current Co-chair of the Medical Scientific advisory board.

Dr. Bludau is also the chair of the Diagnosis, Treatment and Care Work Group of the Massachusetts Alzheimer's Disease and Related Disorders State Plan.

In the past Dr. Bludau was on the governor's appointed, Florida Statewide Alzheimer's Disease Advisory Council.

He is the author of "Aging, but never old" and the co-author of "Alzheimer's Disease" in the series Biographies of Disease.



**Ross Gourvitz, Ph.D.**

Dr. Ross Gourvitz worked for nearly two decades in hospitals and health systems in Chicago and New York City before coming to

New Hampshire. He completed his predoctoral internship in Rehabilitation Psychology and Clinical Neuropsychology in the Department of Rehabilitation Medicine at Mount Sinai Medical Center in New York. His fellowship training was in Clinical Neuropsychology at Loyola University Medical Center in Chicago. He previously also worked with the University of Chicago Hospitals, Bellevue Hospital Center, and New York University Medical Center. Prior to coming to Elliot, he was Director of Neuropsychology at Lutheran Medical Center in Brooklyn, New York, where he co-founded their Memory Center. In addition to memory disorders, Dr. Gourvitz has extensive experience working with individuals with traumatic brain injury, stroke, multiple sclerosis and seizure disorders.



**Ram Yadati, M.D.**

Santharam Yadati, MD brings 35 years of experience in psychiatric medicine to Elliot Behavioral Health. Dr. Yadati has

extensive experience in both clinical and emergency psychiatry, counseling, electroconvulsive therapy, special program development, research, lecturing and teaching. He will provide general psychiatric services. Dr. Yadati offers assistance with depression, bi-polar disorders, schizophrenia, end of life issue, developmental disabilities, drug and alcohol abuse and psychopharmacology. He is passionate in working with families and caregivers.

Dr. Yadati was named Top Psychiatrist of New Hampshire by his peers in New Hampshire Magazine in 2005 and 2006. He obtained his Medical degree (M.B.B.S.) in India, is certified by the American Medical Association and has completed his Psychiatry training at University of Kansas at Wichita. Dr. Yadati successfully completed course work and has experience in Geriatric Psychiatry, Clinical Psychopharmacology and ECT. He has been a practicing psychiatrist in NH since 1982.