

To contact the Team please call 07788 304967

Office hours are: Monday to Friday 9.00am – 5.00pm

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

**Bassetlaw Memory Assessment Service**  
**Mental Health Services for Older People**  
**Mental Health Unit**  
**Bassetlaw Hospital**  
**Kilton**  
**Worksop**  
**Notts**  
**S81 0BD**

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



## Bassetlaw Memory Assessment Service - Treatment for Alzheimers

### Mental Health Services for Older People



*Local Services*  
positive about mental health  
and learning disability

## Notes

## To contact the Team please call 07788 304967

If we cannot answer your call immediately, please leave a short message on the answerphone together with your name and telephone number and the name of the person you are calling about.

We will return your call as soon as possible.

Calls left after office hours, over the weekend and during bank holidays cannot be returned until the next working day.

Office hours are: Monday to Friday 9.00am – 5.00pm

**If you have any problems outside of these hours regarding your medication, please contact your GP.**

## What are Aricept (Donepezil), Exelon (Rivastigmine) and Galantamine (Reminyl)?

These are the names of the approved drugs licensed for the treatment of mild and moderate Alzheimer's disease. They are not a cure for Alzheimer's disease, nor do they actually stop the progression of the disease.

An NHS body called the National Institute of Health and Clinical Excellence (commonly known as NICE) is responsible for reviewing the use of drug treatments and the available evidence to support their use. It also makes a judgement on whether the treatment represents good value for money if it is available as part of NHS treatment. The most recent NICE review of the drug treatments for dementia in Alzheimer's disease was carried out in January 2011.

The advice currently given to NHS organisations is that Donepezil, Rivastigmine and Galantamine should be used for mild to moderate stages of Alzheimer's disease. Rivastigmine is also licensed in the UK for the treatment of dementia that is associated with Parkinson's disease.

## How do they work?

Research shows that people with Alzheimer's disease don't have enough Acetylcholine in their brain. Acetylcholine is a chemical messenger to the brain that is associated with the memory and learning.

These drugs work by slowing down the rate at which Acetylcholine breaks down so that more of it remains available in the brain. This can improve a number of brain functions – particularly memory and learning – and can also improve brain function affecting motivation, restlessness and the ability to look after oneself.

## How effective are they?

Around 50% of the patients show benefit. In some people the benefit is relatively mild; in others, it can be significant. Trials have shown that these drugs can improve a patient's condition for at least nine months and up to two years in some cases. The drugs do not alter the underlying process of memory loss but may still be valuable treatment.

However, these drugs are only used to treat mild to moderate Alzheimer's disease and may not work for people with more advanced Alzheimer's disease. This is because as the disease progresses, the number of functioning brain cells decreases – so there is less Acetylcholine for the drugs to work on.

## What are the possible side effects?

Side effects are generally mild and only affect one person in twenty. The most common are nausea, diarrhoea, poor sleep, tiredness and loss of appetite. These are usually mild and last for one to two weeks. They should settle over the first month of treatment. If mild side effects are experienced, simply make a note of them and discuss them with the nurse when you next attend the clinic.

If you have cardiac problems and the nurse has discussed this with you, then possible side effects are dizziness, fainting episodes and low pulse rate. If you experience any of these, please contact the memory clinic as soon as possible.

If you have breathing problems such as COPD or Asthma, possible side effects include shortness of breath. If this occurs, please ring the memory clinic or your GP as soon as possible.

**If your side effects are severe, contact the memory clinic as directed on the page 5 of this leaflet.**

## What happens if you are prescribed this medication?

These drugs do not help everyone. The first three months are a trial period to see if they are beneficial.

Many people are worried when they do not notice much change. The medication can take several months to have an effect. We assess response using the memory test we have done with you before, as well as two other scales plus subjective reports.

We start on the lowest dose of medication and can increase if we need to. We will either bring you back to clinic to increase medication if you do not report any side effects, or, you, or a relative, can telephone us to let us know how you are and we will post you another prescription.

If the medication has shown to be of benefit, you will continue on it and your GP will be asked to prescribe for you. You will then be reviewed regularly by your GP.

If there is no benefit evident, the medication will be discontinued and you will be seen 6-8 weeks later for a post-discharge appointment.

If there are any problems or side effects whilst taking the medication during the three month trial period, you should contact the memory clinic as soon as possible and a nurse will discuss options with you.

Your GP will be kept informed of your progress throughout.