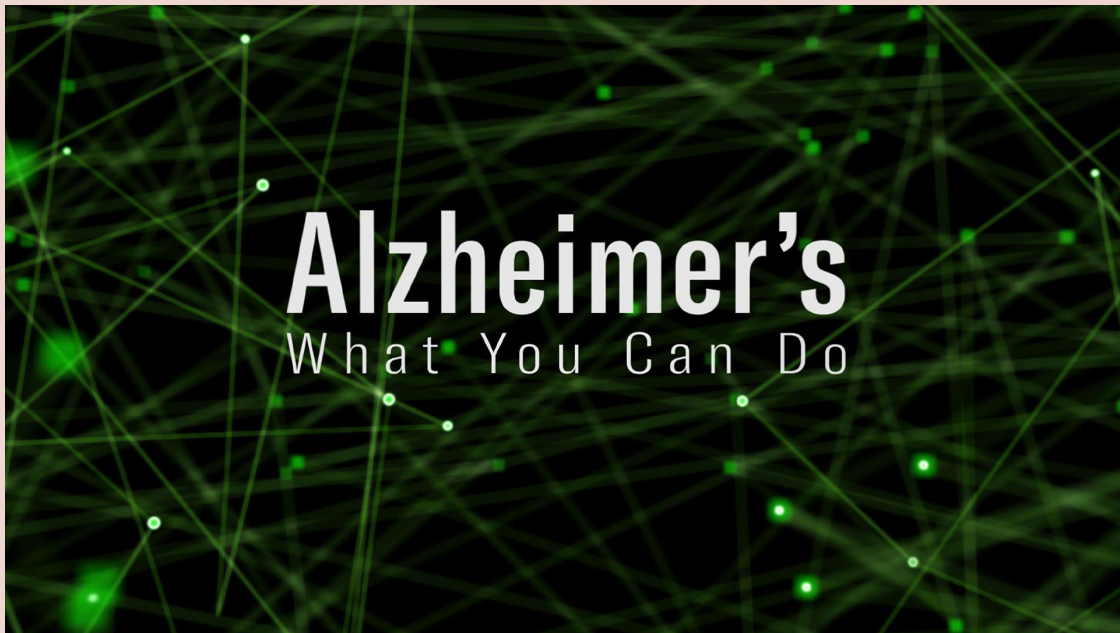


DOCUMENTARY: ALZHEIMER'S: WHAT YOU CAN DO

PRODUCERS: STEVE HUMBLE, MASON MILLS, PAUL TAIT ROBERTS

SERIES CREATOR: JACQUELYN POGUE

REVIEW BY: SAMAY SURATWALA



"PEOPLE WITH ALZHEIMER'S HAVE A RIGHT TO HOPE, TO BE ABLE TO LIVE LIFE POSITIVELY AND MEANINGFULLY AND LIVE LIFE TO THE FULLEST."

The documentary, "Alzheimer's: What You Can Do," is an insightful documentary that shows hope for patients struggling with Alzheimer's. The documentary shows that disease can be prolonged and/or prevented just by making a few simple changes in your life. It is truly a great informational documentary that I recommend others to watch to learn about the early preventative actions that should be taken against Alzheimer's.

Six medical doctors participated in the making of this documentary, including Dr. Gayatri Devi, Dr. Dale Bredeson, Dr. Dean Sherzai, Dr. Ayesha Sherzai, Dr. Rudy Tanzi, and Dr. John Zeisel. These doctors aided in the production of the documentary by combining their knowledge and expertise to make the documentary very interesting, fact-filled, and meaningful. Their information provides hope for patients with Alzheimer's and ways for people to reduce their risk of getting Alzheimer's in future, even if genetically prone to the disease.

The documentary started off with a few individuals who were diagnosed with early stages of Alzheimer's. A shocking fact from the documentary is that millions of dollars are spent on medications to help prolong Alzheimer's disease, but research shows that it actually makes their Alzheimer's symptoms worse. The doctors explain that by implementing simple, everyday practices into daily routines, one can potentially prolong the onset of Alzheimer's and other related forms of dementia. Dr. Rudy Tanzi talks about his main technique against Alzheimer's called SHIELD, which stands for Sleep (getting 7-8 hours of good sleep), Handling Stress (practicing meditation and relaxing techniques), Interact with Others, Exercise (at least 30 min a day), Learn New Things (keep your mind active), and Diet (eat natural, healthy foods and drink enough water). These are all easy ways to live a healthy life and also prevent Alzheimer's from occurring in the future, even if a person is genetically prone. The end of the documentary showed how the individuals diagnosed with the early stages of Alzheimer's learned to cope with the disease and are living life to the fullest. The aim of this documentary is to provide information about Alzheimer's disease from doctors and people diagnosed with it to result in scientific explanations that leave people with feelings of awareness and hope.

This documentary bridges the gap between audience knowledge and difficult content by describing the content in simple language. The vocabulary used in the documentary is the perfect balance of sounding professional and not being too complicated for a non-medical person to lose interest. Even though the documentary offered great ways to prolong or prevent the disease, it lacked information about treatment or therapy options for Alzheimer's patients. Overall, the documentary was a great way to encourage others to get early detection, take action, seek care, and find hope.

References:

<https://www.vpm.org/2020-12-18/alzheimers-what-you-can-do>