



How Patients with Alzheimer's disease and their caregivers benefits from practicing mindfulness.

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Hypothesis

Mindfulness Practice benefits Alzheimer's disease patients and their caregivers by reducing their stress levels, decreasing their probability to be depressed and increasing their immune function.

Purpose

This Study emphasize the benefits of mindfulness practice towards Alzheimer's disease patient and their caregivers, and how practicing many different mindfulness techniques may help these individuals to cope in such stressful environment.

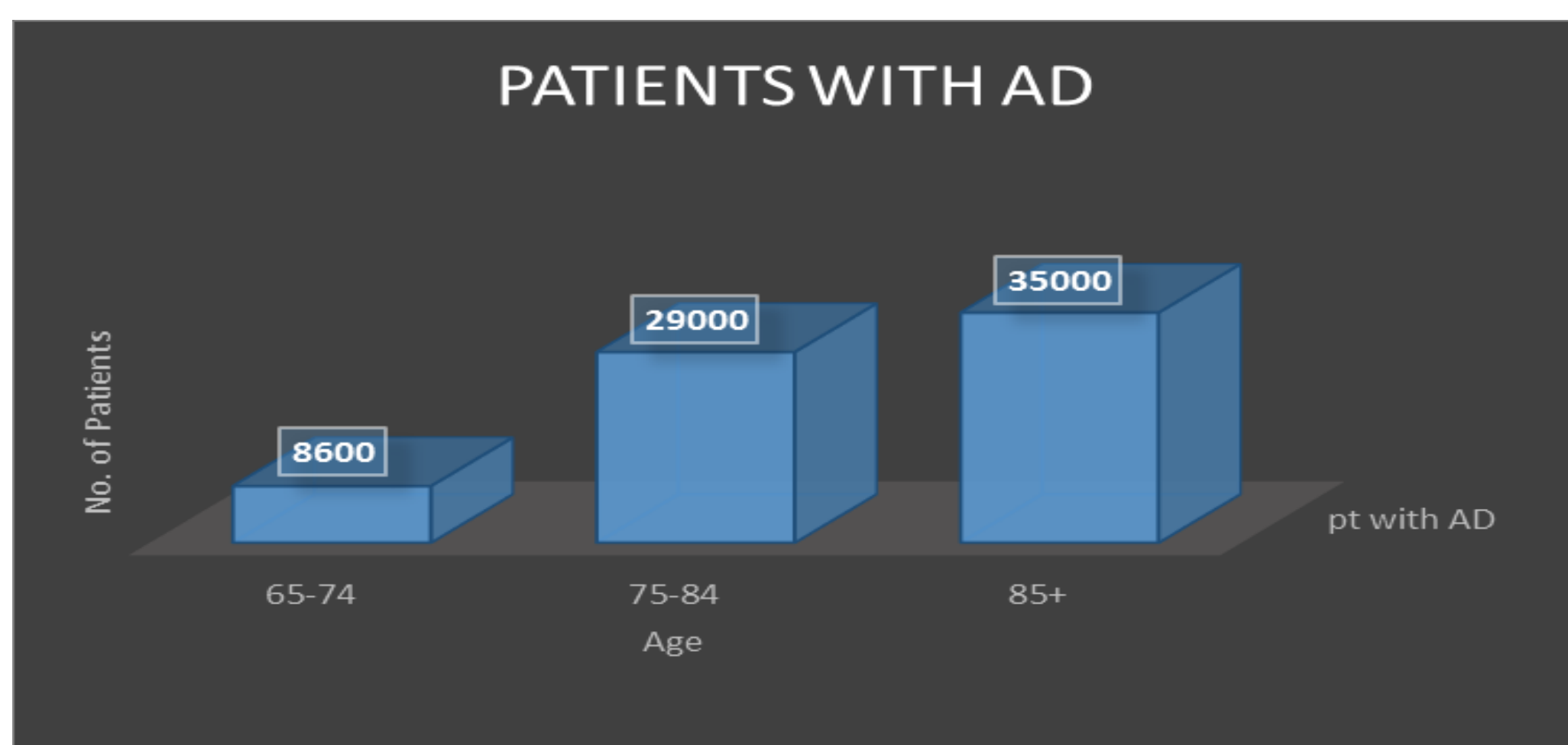
Abstract

Alzheimer's disease is one of the most common and devastating of the major form of dementia. This neurodegenerative disorder affects about 35 million people nationwide based on previous studies. Caregivers of Alzheimer's patient are most likely to be stressed, and lead to depression, especially when the caregiver is a family member. These individuals practicing mindfulness techniques show evidence in brain alteration and immune function most specific to telomeres during these stressful periods. Current literatures have been reviewed supporting evidence of this study.

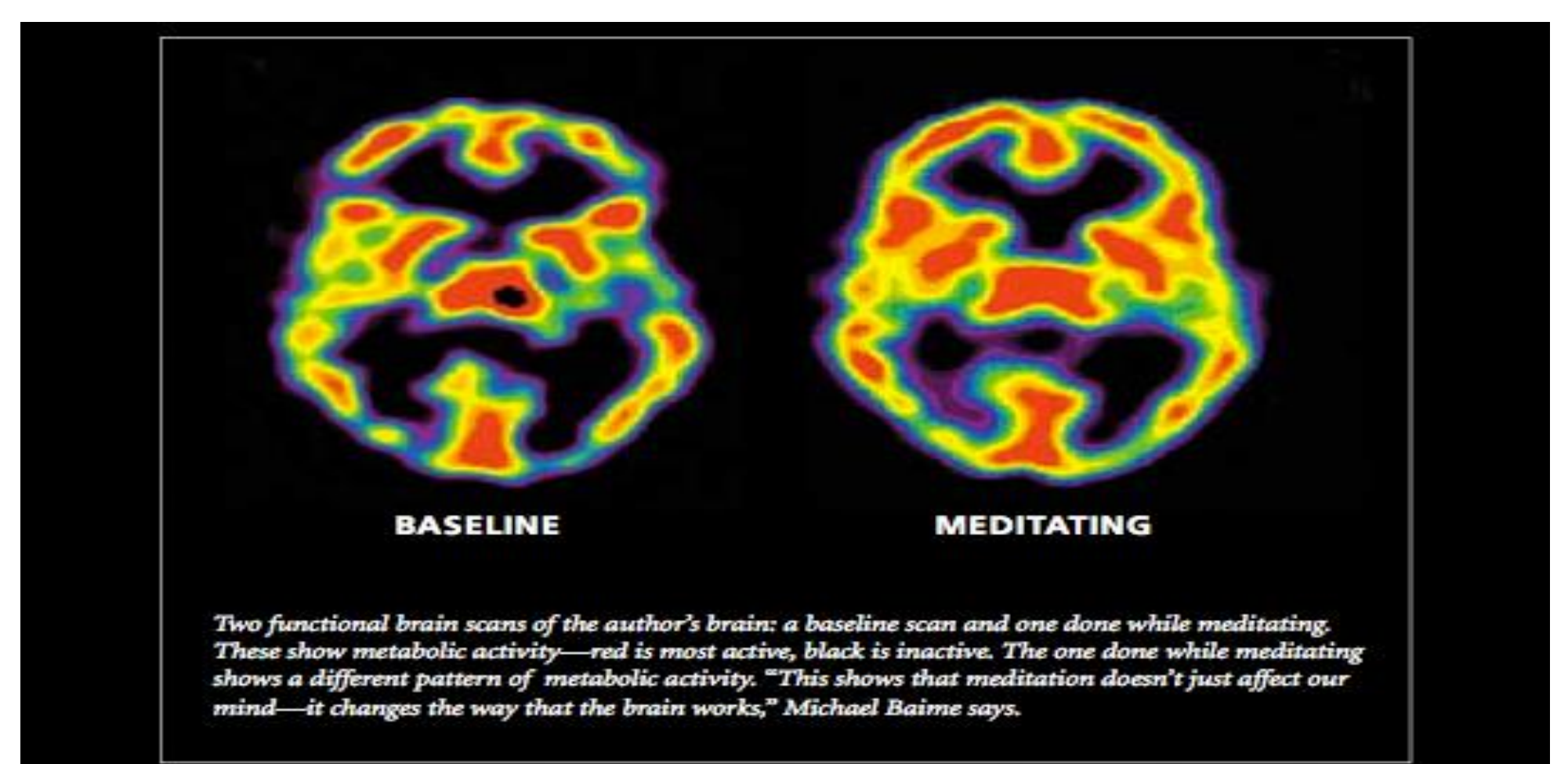
Method

- A collection of 15 articles was taken from 10 journals for statistical data analysis of Alzheimer's patients and their caregiver benefits from practicing mindfulness.
- Data was also collected from the Alzheimer's association group (www.alz.org) to analyze the age of individuals that is diagnosed with Alzheimer's disease in Connecticut during 2014
- Excel 2013 was used to compare and analyze the data that was collected.
- JMP file analyzed articles that support mindfulness practice effects on Alzheimer's patients and their caregivers.

Results

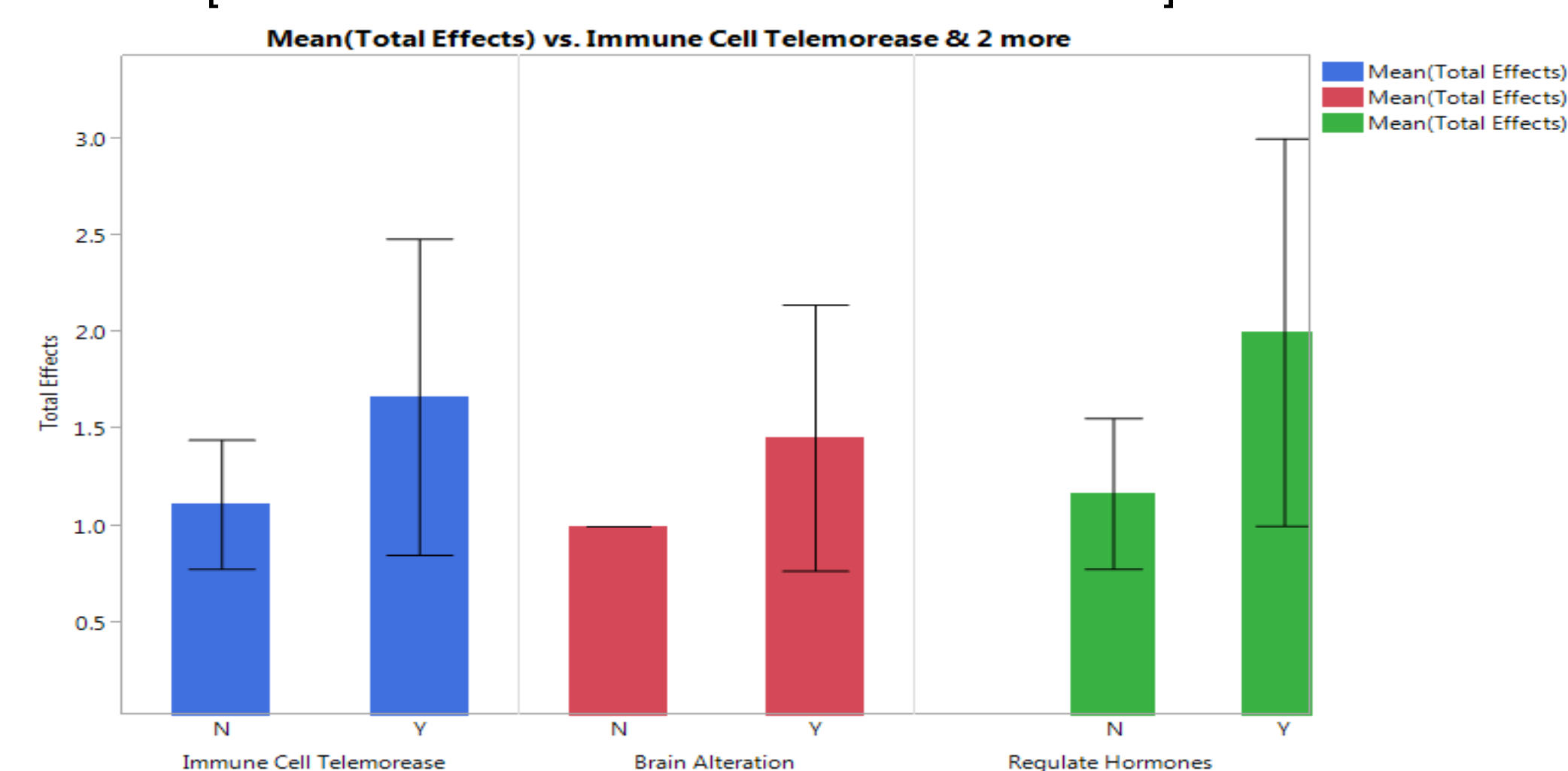


Graph 1. Show the number of people that have been diagnose with Alzheimer's disease in CT ranging from different ages. As the graph indicates, the older the individual get the more likelihood that person might be diagnosed with Alzheimer's disease [Data Collected from Alzheimer's Association]



<https://braintalks.wordpress.com/2013/04/12/this-is-your-brain-on-mindfulness/>

Picture 1. Show the difference between a meditated brain and a non meditated brain.



Graph 2. Show positive effects of patients with Alzheimer's disease or their caregivers that practice mindfulness, Based on the graph the average number of articles stated that mindfulness practice benefits affected individuals and their caregiver by altering the brain (as shown in picture 1. above), increase immune cell telomerase causing a longer mortality in these affected individuals life and hormone regulation. The standard deviation demonstrated the distribution of articles that correspond to the different effects of the mindfulness practice.

Conclusion

Alzheimer's disease has been a devastating quickly progressing disease. This disease does not just affect the person who has it but also the caregivers. Based on all the data collected, mindfulness practice have been showing a positive effect on these affected individuals. This practice may well be one of the most effective practice for individuals that undergo neurosis due to the heavy load and burden caused by Alzheimer's disease.

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