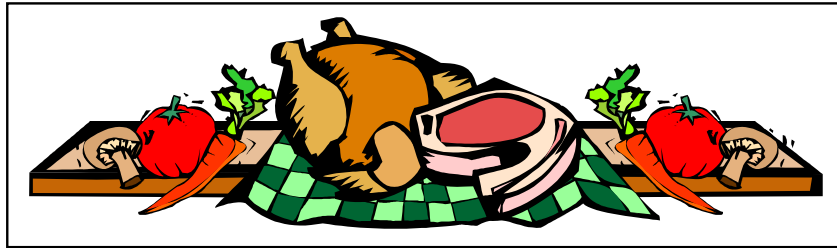


# FACT SHEET ON NUTRITION



1. The most common reason for weight loss is due to inaccurate weighing procedures.
2. Abnormal weight loss in Alzheimer's patients includes more than five pounds in one month, 7.5% of body weight in three months, or 15% of body weight in six months.
3. Weight loss causes skin tears, wound healing problems, falls, and agitation.
4. Weight loss from Alzheimer's disease is slow and subtle.
5. Weight loss in early dementia is caused by depression, anxiety, or medical problems.
6. Weight loss in mid-stage dementia is caused by psychosis, depression, agitation, medical problems, and failure to correctly feed the patient.
7. Weight loss in end-stage dementia is caused by the patient forgetting how to chew and swallow.
8. Trouble with teeth, gum, and dentures can produce weight loss.
9. Patients who lose weight need evaluation by the nurse, doctor, and dietitian.
- 10 The first step in treating weight loss is to identify the cause of weight loss.

- 11** Weight loss is produced by mental problems, behavioral
- problems, medical problems, chewing and swallowing problems, and failure of staff to appropriately nourish the patient.

*For more information or inquiries, call the Dementia Education & Training Program  
at 1-800-457-5679*