



Moles and how to spot them



Juvenile Diabetes Research Fund Charity Bike Ride

LINDUM
MEDICAL
PRACTICE
01522 569033

Lindum News

Summer 2017

Produced by Lindum Medical Practice for its patients and staff

thelindumpractice.co.uk



The Friends and Family Test

"We need your feedback"

Inside this Issue

- Friends & Family Test Page 1
- Know your Mole Page 2
- Water Safety Page 3
- Hay Fever Page 4
- Sun Safety Page 6
- Summer Greek Salad Page 7
- Healthy Holiday Page 8
- Charity Bike Ride Page 9
- Barbecue Tips Page 10
- First Aid Kit Page 11

NHS Midlands and East want you to have the best possible experience of care. The NHS Friends and Family Test is a way of gathering your feedback, so we can continually review our service. It is based on one simple question: "How likely are you to recommend our service to friends and family if they needed similar care or treatment?"

Your feedback helps us to learn more about what you think of your experience – what you like and what you think we could improve. Ultimately, you're helping us to make changes that will ensure we can offer the best possible care. If you'd prefer to give your comments anonymously, then please do so. If you do leave your contact details then the NHS may get in touch to talk about your feedback and understand your views.

You can give us your feedback by completing a form in the surgery. The reception staff will be happy to provide you with one if requested. Or, if you prefer, you can complete the form online, just visit www.england.nhs.uk and search for Friends and Family Test.

Thank you



Know your Mole

Moles are small coloured spots on the skin made up of cells called melanocytes, which produce the colour (pigment) in your skin. Moles are often a brownish colour, although some may be darker or skin coloured. They can be flat or raised, smooth or rough, and some have hair growing from them. Moles are usually circular or oval with a smooth edge.

Moles can change in number and appearance. Some even fade away over time, often without you realising.

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care. People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. However, skin cancer can still occur.

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally
- are in a hot country where the sun is intense
- have a family history of skin cancer

Checking your skin

You should check your skin every few months for any new moles that develop (particularly after your teenage years, when new moles become less common) or any changes to existing moles. A mole can change in weeks or months. A really good way

to monitor moles is by using your camera phone, this automatically records the date.

Know what you are looking for

A

Asymmetry: Moles that have asymmetrical appearance



Symmetrical

Asymmetrical

B

Border: A mole that has blurry and/or jagged edges



Smooth Borders

Irregular Border

C

Colour: A mole that has more than one colour

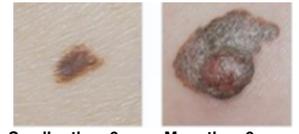


Single Colour

Multicolour

D

Diameter: Moles with a diameter larger than a pencil eraser (6mm or 1/4 inch)



Smaller than 6mm

More than 6mm

E

Evolution: A mole that has gone through sudden changes in size, shape or colour



No Changes

Some Changes

Moles like this can occur anywhere on your body, but most happen on the back, legs, arms and face.

If you notice any changes to your moles or are worried about them, see your GP. Changes to a mole may be an early indication of a type of skin cancer called melanoma.

Sun-beds

The British Association of Dermatologists advises that people should not use sun-beds or sunlamps.

Sun-beds and lamps can be more dangerous than natural sunlight, because they use a concentrated source of UV radiation.

For more information or to take a quiz to find out your skin type or check your mole check out these websites:

<http://www.nhs.uk/Tools/Pages/moleassessment.aspx>

www.skincancer.org/prevention

www.cancerresearchuk.org



Keep Safe Around Water

With many people jetting off on their holidays or having family days out during the summer holidays it is important to remain aware of the dangers of open water.

Most people, especially young children enjoy spending their time on a hot day near water - whether that is the sea, lakes, pools or ponds.

Younger children between two and six years are particularly vulnerable to drowning in smaller bodies of water such as ponds and paddling pools. Between five and 10 children a year drown in a garden pond.

Children are fascinated by water – it's fun, keeps them cool and is great exercise. Anyone can drown though and even the best supervisors and carers can get briefly distracted. All it takes is three minutes face-down in water to drown.

If you have a pond and a toddler, the best thing to do is fill the pond in with sand to make a sand pit. Otherwise cover it with a substantial grille or put a fence around it.

If you are staying in a villa with a pool this summer check the following:

- ⚠ Does the pool have a lifeguard or pool attendant? A pool attendant is only responsible for keeping the poolside clean, rather than ensuring safety in the water.
- ⚠ Does the pool have a barrier? Having a fence is particularly important at villas if you have younger children.

Open water is generally where older children and teenagers are most at risk, from features near to their homes, such as rivers, lakes, coastal water near to the shore.

Have an early conversation with them about how to stay safe and the risks of colder, open water.

Even the strongest swimmer can be affected by cold water shock that affects the ability to control breathing. It can lead to gasping, panic and in the worst cases – drowning. Cold water shock can start at 15 degrees Celsius and the average temperature of the sea around Britain is 12 degrees Celsius.

It is not advisable to jump into water of unknown temperature. If it has been established that the water is safe to swim in, you are better wading in slowly. Even if you're a strong swimmer, stay close to the shore and take warm clothes to put on afterwards as even in summer you will feel cold when you get out. Hypothermia isn't just something that happens in the winter. Shivering and chattering teeth are one of the first signs this is happening so get out of the water as soon as you notice this and warm up.

Research shows that half of all water recreation deaths of teens and adults involve the use of alcohol. It is always best to avoid having alcoholic drinks while taking part in activities, such as swimming; this is a good place to start for ensuring a safe summer.

Ensuring your child can swim is another great way to make sure they will be safe in and around water. Leisure centres will be happy to discuss information on swimming lessons for your children.

For more information, visit:

<http://www.rosipa.com/leisure-safety/water/advice/children-young-people/>

ROSPA

100 years

accidents don't have to happen

Hay Fever or 'Seasonal Allergic Rhinitis'

Rhinitis is inflammation of the nose, which is recognised by symptoms such as sneezing, runny nose, blocked / stuffy nose, itching and 'post-nasal drip' (the sensation of mucus running down the back of the throat). It can occur in association with inflammation of the eyes or sinuses.

Allergic rhinitis is caused when the body makes allergic antibodies (IgE) to a substance such as pollen. In people sensitive to these allergens, exposure causes the release of histamine resulting in inflammation and irritation to the lining of the eyes, nose and throat.

Grass pollen is the most common allergen, which affects sufferers at the specific times of the year when grass pollen is released (May–July). However, some people become allergic to tree or weed and shrub pollens, and will be affected at different times of the year (February–June for trees; June to September for weeds; September and October for moulds). The patient who is allergic to tree, grass and weed pollens may suffer a prolonged 'hay fever' season. Rhinitis which occurs for only part of the year in this way is called seasonal allergic rhinitis.

Antihistamines are probably the best-known type of allergy medication, and most are readily available from a pharmacy without prescription. Antihistamines work by blocking the action of histamine. They work best when taken prior to exposure to the allergen. However, they can also be taken after a reaction has started, and this is useful for blocking the release of further histamine, reducing new symptoms.

Antihistamines are very safe. Although usually taken as tablets, they may be prescribed as a liquid or syrup for young children, or in cream form, which is very popular in first aid kits in case of insect bites or stings. Nasal sprays and eye drops containing antihistamine

properties are also available over the counter.

The following non-pharmacological measures may also be helpful:

- * Monitor pollen forecasts daily and stay indoors wherever possible when the count is high (generally on warmer, dry days). Rain washes pollen from the air so counts should be lower on cooler, wet days
- * Limit time spent in rural areas. Sea breezes blow pollen inland, so escape to the coast instead
- * Use a saline nasal wash to remove pollens and allergens
- * Apply an effective allergen barrier such as vaseline around the edge of each nostril to trap or block pollens and other allergens and help prevent a reaction.
- * On high pollen days, shower and wash your hair after arriving home and change your clothing
- * Keep windows closed when indoors. This is most important in the early mornings, when pollen is being released, and in the evening when the air cools and pollens that have been carried up into the air begin to fall to ground level again
- * If you suffer symptoms indoors, a good air filter may help. Choose one that is proven to trap even small particles (see the Allergy UK website for further information).
- * Avoid mowing lawns or raking leaves yourself. If you must perform these tasks, use a face mask.
- * Wear wraparound sunglasses when outdoors to keep pollen allergens out of your eyes
- * A hat with a peak or large brim can help keep pollens from your eyes and face.

Lindum Recall System Update

At the surgery we are currently updating our recall system for patients who receive regular health monitoring for on-going conditions. The new system aims to have all annual recalls in the patients birthday month. During this period of transition some patients may be called slightly earlier or later than usual. If you have any concerns or questions please feel free to speak to a member of staff. We are hoping that once this system is established it will cut down on the need for some repeated appointments. It will also be easier for patients to remember when health monitoring is due - Thank you

Hay Fever

Please do not ask for low cost generic antihistamines on prescription to treat your hay fever.

Lincolnshire West Clinical Commissioning Group spent over £47,000 on prescribed Cetirizine 10mg and Fortamine 10mg tablets last year. This is equivalent to 14 hip replacements, 2 more community nurses or 53 drug treatment courses for Alzheimer's.

Cetirizine 10mg and Loratadine 10mg tablets are available in packs of 30 from supermarkets and other retailers costing as little as £1 per pack. Smaller quantities at a lower cost are also available. Wherever possible, please purchase your own supplies.



**The NHS belongs to you,
use it responsibly.**



Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday, you can burn in the UK, even on a cloudy day. There's no safe or healthy way to get a tan and a tan doesn't protect your skin from the sun's harmful effects. People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions.

Sun safety tips

In the UK the sun is at its strongest between March and October and the hours of 11am to 3 pm. Make sure you:

- * spend time in the shade between 11am and 3pm
- * make sure you never burn
- * cover up with suitable clothing and sunglasses
- * take extra care with children
- * use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun is at its hottest.

When buying sunscreen, the label should have:

- * the letters "UVA" in a circle logo and at least four-star UVA protection
- * a sun protection factor (SPF) of at least 15 to protect against UVB

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years. Don't spend any longer in the sun than you would without sunscreen.

What are the SPF and star ratings?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the

level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating, the better.

Sunscreens that offer both UVA and UVB protection are sometimes called "broad spectrum".

How to apply sunscreen

Most people do not apply enough sunscreen. As a guide, adults should aim to apply around:

- * two teaspoons of sunscreen if you're just covering your head, arms and neck.
- * two tablespoons if you're covering your entire body, while wearing a swimming costume.

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried that you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

Swimming and sunscreen

Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure.

Water-resistant sunscreen is needed if sweating or contact with water is likely.

Sunscreen should be reapplied straight after you've been in water – even if it's "water-resistant" – and after towel drying, sweating or when it may have rubbed off.

Children and sunscreen

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under six months should be kept out of direct strong sunlight.

Protect your eyes in the sun

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water, and artificial light from sun-beds, is

particularly dangerous. Looking directly at the sun can cause permanent eye damage.

How to deal with sunburn

Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.



Summer Greek Salad



Main meal | Serves: 6
Prep time: 15 minutes

Ingredients

- 3 large tomatoes, cut into medium pieces or wedges
- 2 cucumbers, sliced
- 1 small red onion, thinly sliced
- salt and freshly ground black pepper to taste
- 4 tablespoons olive oil
- 1 1/2 teaspoons dried oregano

3/4 (200g) pack feta cheese, crumbled
handful black Greek olives, pitted if desired

Method

- In shallow salad bowl, combine tomatoes, cucumber and onion. Sprinkle with salt to taste and let sit for a few minutes so that the salt can draw out the natural juices from the tomato and cucumber.
- Drizzle with olive oil and sprinkle with oregano, and pepper to taste. Sprinkle feta cheese and olives over salad. Serve.

Tip: Letting the salted tomatoes and cucumbers sit for a while before adding any oil is essential to a good Greek salad. The natural acidic juices from the tomato combine with the olive oil to make a delicious dressing, with no need for vinegar or lemon juice. Crusty bread is also a must so you can mop up every last bit of juice!



Need help with your fear of flying?

In Britain an estimated nine million people suffer anxiety about flying. There is no single personality type prone to fear of flying, but there may be a link with problems at work or home.

Fear may develop from a bad experience - a rough flight, or after a news report of a hijacking or crash. Panic attacks are common (sudden, intense anxiety, sweating and trembling). The sensation is often so frightening that the sufferer may refuse to fly in the future. Fear of flying is often underpinned by a fear of losing control, but fear of turbulence, terrorism, feeling trapped, claustrophobia or fear of heights can all be contributing or causative factors.

Advice for the Traveller who is Afraid of Flying

- Fear of flying is common despite flying being safer than road or rail travel in most developed countries.
- Try distraction by talking with other passengers, watching inflight films, eating or reading.
- Tell the cabin crew. Reassurance about strange

sounds can help.

- A visit to the doctor prior to travel can provide reassurance about general fitness for air travel.
- Mild sedation before departure is sometimes used but this should be a decision made on medical grounds. Sedative drugs do not mix well with alcohol and should not be taken at the same time.

Cognitive Behaviour Therapy

Recent research has indicated that cognitive behaviour therapy can be helpful for more severe cases. The person identifies what they actually fear and then learns different ways of overcoming it.

Courses and Counselling on Fear of Flying

- Some airlines have their own courses such as Virgin Atlantic 'Freedom to Fly' and British Airways 'Flying with Confidence'.
- 'Freedom to Fly' courses are run independently by Elaine Iljon Foreman, clinical psychologist, website: www.freedomtofly.biz

EUROPEAN HEALTH INSURANCE CARD



If you are going to another European Economic Area (EEA) on a leisure or business trip, you'll need to carry a European Health Insurance Card (EHIC) to access state-provided healthcare that becomes necessary during your visit. The treatment you receive will be at a reduced cost, or sometimes even free.

The quickest way to get an EHIC, which is free, is to apply online at www.dh.gov.uk/travellers or you can phone the EHIC applications line on 0845 6062030.

The EHIC gives you access to healthcare that becomes necessary while you are abroad; it does not allow you to go to another European country specifically for treatment.

You should still take out travel insurance as the EHIC does not cover all healthcare costs. For example, it will not cover the cost of your journey back to the

UK if you need treatment and need to be sent home.

The EHIC allows UK citizens to have access to the same free healthcare that is available to the citizens of the EU country they are visiting. Until Britain officially relinquishes its membership in the European Union, your EHIC will continue to work.

The purpose of the scheme is to allow you to continue your holiday in another EU country without having to rush back home for medical treatment should you require it.

The EHIC was never intended to be a one-stop-shop for medical care, merely a stop gap for smaller medical eventualities and as such medical travel insurance is still advised and is the safest approach to take to healthcare when travelling abroad.



Juvenile Diabetes Research Fund Charity Bike Ride

Dr Eldridge is planning to cycle The Prudential Ride London in July 2017. He will be doing this to raise funds and awareness for the Juvenile Diabetes Research Fund. He has chosen this particular charity as he has a keen interest and is the practice lead for Diabetes. He also wanted to raise money for a children's charity, so this seemed like a natural choice. Dr Greenwood's husband is also our local Paediatric Diabetic specialist.

The ride is a true legacy of the 2012 Games and was developed by the Mayor of London and his agencies in 2013, Prudential Ride London is now a world-class festival of cycling taking place over the weekend of 28-30 July 2017.

The ride follows a 100-mile route on closed roads through the capital past world famous landmarks and into Surrey's stunning countryside. With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics, it's a truly spectacular event for all involved. The Prudential Ride London-Surrey 100 finishes on The Mall in central London.

If you would like to support Dr Eldridge donations can be made online - www.justgiving.com/fundraising/Russell-Eldridge or in the surgery (look out for the pink tub in reception!). He is looking to raise at least £500 - so any donations greatly received!

About the Juvenile Diabetes Research Fund

There are currently 400,000 people in the UK with type 1 diabetes, over 29,000 of them are children.

JDRF are committed to eradicating type 1 diabetes and its effects for everyone in the UK with type 1, and at risk of developing it. To work towards a day when there is no more type 1 they are committed to:

- Fund world-class research approved and administered by our international research programme to cure, treat and prevent type 1 diabetes
- Make sure research moves forward and treatments are delivered as fast as possible
- Give support and a voice to people with type 1 and their families

Join a global movement to create a world without type 1

For more information on the Juvenile Research Fund visit; www.jdrf.org.uk





the barbecue and after handling raw foods including meat, fish, eggs and vegetables.

Don't wash raw chicken

Don't wash raw chicken or other meat, it just splashes germs. Cooking will kill any bacteria present, including campylobacter. On the other hand, washing chicken, or other meat, can spread dangerous bugs on to your hands, clothes, utensils and worktops by splashing.

If you want to serve up a sensational barbecue that also helps keep your family and friends safe, following these simple steps will help to avoid the build-up of food poisoning bugs. Cases of food poisoning almost double during the summer, and research shows that the undercooking of raw meat and the contamination of bacteria onto the food we eat are among the main reasons.

Pre-cook

It's a very good idea to cook all chicken (including chicken on the bone) in the oven prior to giving it a final 'finish' on your barbecue. Your friends and family will still experience that special barbecue 'scorched' taste – and you will know that you've cooked the chicken all the way through. This technique can also be used for sausages, burgers and kebabs if you're cooking for large numbers, as you'll want to avoid providing undercooked food.

Charred doesn't mean cooked

Cook your barbecue food thoroughly until you are sure that your poultry, pork, burgers, sausages and kebabs are steaming hot, with no pink meat inside. Turning meat regularly and moving it around the barbecue will help to cook it evenly. Charred on the outside doesn't always mean cooked on the inside so, it's always safer to cut open and check your burgers, sausages and chicken. If in doubt – keep cooking.

Disposable BBQs take longer

Disposable BBQs take longer to heat up and to cook food. Always check that your meat is cooked right through before serving.

Avoid cross-contamination

Store raw meat separately before cooking, use different utensils, plates and chopping boards for raw and cooked food. Always wash your hands thoroughly with soap and hot water and dry them before handling your food for

Keep plates and cutlery away from raw meat and fish

Keep plates and cutlery away from raw meat and fish, never serve your guests cooked food on a plate or surface that's had raw meat or fish on it, and don't use cutlery or marinades that have been in contact with raw meat. There's no point in serving up food with a flourish if you're adding bugs back into the mix.

Facts about Barbecue Bugs

Campylobacter is the most common food poisoning bug in the UK. It's passed on to humans in undercooked poultry, and can lead to people being very ill indeed. It can even lead to permanent disability. Most people recover, but not all.

Listeria can turn up in pates and salads. This bug is particularly dangerous for pregnant women as it can lead to a miscarriage, but the most at risk from all the barbecue bugs are children and older people.

E.coli is often passed on through raw and undercooked meats and can lead to bloody diarrhoea, stomach pains, vomiting and occasionally fever.

Salmonella is another common bug found on raw meat and undercooked poultry. It leads to fever, vomiting and stomach pains and it can make you ill for weeks.

For further information visit Food Standards Agency website: www.food.gov.uk

Essential First Aid Kit

It is important to have a well-stocked first aid kit in your home so you can deal with minor accidents and injuries. Your first aid kit should be stored in a cool dry place, out of the reach of young children.

It may be useful to keep a first aid manual or book in the same place.

Basic First Aid Kit Contents

- + Plasters - a good variety of sizes and shapes
- + Small, medium and large sterile gauze dressings
- + 2 sterile eye dressings
- + Triangular bandages (sling)
- + Crepe rolled bandages
- + Safety pins
- + Disposable sterile gloves
- + Tweezers
- + Scissors
- + Alcohol-free cleansing wipes
- + Sticky tape
- + Thermometer (digital)
- + Skin rash cream (such as hydrocortisone)
- + Cream or spray for insect bites
- + Cough medicine
- + Antihistamine tablets
- + Distilled water for cleaning wounds
- + Eye wash and bath

It is a good idea to keep a smaller version in your car. If you are going on holiday there are additional items you may want to consider adding.

Travel First Aid

- + Sun burn treatment
- + Insect repellent
- + Anti-diarrhoea medication
- + Rehydration sachets
- + Water disinfectant
- + And don't forget any of your regular prescribed medication.



Lincoln Area DialaRide is a registered charity which provides accessible transport for those who do not have their own transport or have difficulty using an ordinary bus because they are elderly or disabled.

You can use the DialaRide service for any purpose - attending medical appointments, shopping, visiting friends or family, social functions and more.

DialaRide dedicates itself to improving the quality of life and promoting the social inclusion and independence of those individuals that are disadvantaged through age and/or disability.

If you live within a six mile radius of Lincoln city centre, and find it difficult to use other forms of transport due to age and /or disability, you can register to use the service. If you live outside this 6 mile area, our voluntary car scheme may still be able to help you with your transport needs.

- Monday to Friday, 8.30am - 4.15pm
- Monday to Friday, 6.30pm - 9.45pm
- Saturday, 9.00am - 4.15pm
- Sunday and Bank Holidays - Closed

Further details please call 01522 544983 or visit our website at www.lincolndialaride.co.uk

Worried About Your Memory?

It's happened to all of us at some time or another. You can't put a name to a face, or you can't remember where you put the keys, or parked the car. Many of us notice that our memory gets worse as we get older, but it can be difficult to tell whether this is a sign of an underlying condition like dementia. Having the occasional memory lapse is a normal sign of ageing, and is not a sign of dementia. However, if you have become significantly more forgetful, to the extent it is affecting your daily life, or you are concerned about someone close to you, it might be worth seeking advice.

Dementia affects everyone in different ways, as well as problems with memory other signs can include feeling confused or lost, even if in a familiar environment. Or finding it hard to follow conversations. If you are worried, visit your GP. They will talk to you about your concerns and possibly arrange further tests. You may be referred to a local memory clinic where further assessment can be performed.

Do you know we are a research practice?

Without research health care and treatment would not progress. Some research projects involve simply answering a questionnaire, some require a little more time commitment. We are currently taking part in research projects looking at asthma treatment, high risk asthma, Giant Cell Arteritis and Polymyalgia Rheumatica. In March, we started another research project looking at psoriasis treatment.

If you would be interested in taking part in any of our current research projects or would like to express an interest in research in general, then please contact Nurse Lindsay at the surgery.

Join Dementia Research is a nationwide service that helps anyone in the UK take part in vital dementia research studies:

- People with dementia, their carers, and anyone interested in research can sign up themselves or on behalf of someone else.
- You do not have to take part in any particular studies. It is always your choice whether or not to take part.

Sign up today

Online: www.joindementiaresearch.nihr.ac.uk

Call the helplines:

Alzheimer Scotland (0808 808 3000)

Alzheimer's Research UK (0300 111 5 111)

Alzheimer's Society (0300 222 1122)



**Alzheimer's
Research
UK**

**The Power
to Defeat
Dementia**