

# Just Diagnosed With Alzheimer's? Here's What you Need to ask Your Doctor.

The Being Patient cheatsheet to understanding your diagnosis, treatment options, and care

*Use this guide to make the most of your time with your doctor.*

*Questions are organized by topic and include links to in-depth resources from Being Patient's independent journalism.*

## 1 Understanding the Diagnosis

- What stage of Alzheimer's am I in, and how was this determined?  
→ [Read our learning guide on Diagnosing Alzheimer's disease](#)
- Are there any specific tests or biomarkers that were used in my diagnosis?  
→ [Read about new diagnostic guidelines](#)
- Can you administer a blood test for Alzheimer's, specifically what do the results mean?  
→ [See our learning guide on Blood-Based Biomarkers](#)

## 2 Treatment Options

- What are the available treatment options, and how do they work? Can you categorize the symptomatic and disease-modifying therapies for me?
- *What are the potential benefits and risks of each treatment?*  
→ [Explore FDA-approved therapies](#)
- Are there any lifestyle changes or non-pharmacological interventions I should consider?  
→ [Read our learning guide on 14 Ways to Prevent or Delay Dementia](#)

## 3 Medication Management

- How will my current medications interact with Alzheimer's treatments?

## 4 Monitoring and Follow-Up

- How often will I need to see you for follow-up appointments?
- What symptoms or side effects should I report immediately?

## 5 Support and Resources

- [Sign up for Being Patient's weekly newsletter to get the latest information on Alzheimer's disease and other dementias.](#)

- [How can I involve my family in my care plan?](#)
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## Medications and Treatments

### Disease-Modifying Therapies

- Leqembi (lecanemab) and Kisunla (donanemab) are monoclonal antibody therapies (mAB drugs) designed to slow cognitive decline by targeting amyloid plaques. They are most effective in the early stages of Alzheimer's.
  - [Read more about the difference between Leqembi and Kisunla](#)
- Should I get a genetic test for Alzheimer's before going on a mAB drug?
  - [Here's our guide on genetic testing for Alzheimer's](#)
- Can you explain the risk of ARIA associated with mAB drugs?
  - [Read our explainer on ARIA](#)

### Symptom-Relief Medications

- Cholinesterase Inhibitors — Donepezil, rivastigmine, and galantamine help manage symptoms like memory loss and confusion. Available in various formats, including pills and patches.
    - [Here's how Cholinesterase Inhibitors work](#)
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## Treatment and Care Considerations

### Non-Pharmacological Interventions

- Techniques such as music therapy, aromatherapy, and pet therapy can help manage behavioral symptoms.
  - [Read about managing aggression](#)
  - [Read about creativity and dementia](#)

### Caregiver Support

- It's crucial for caregivers to receive training and support to manage daily challenges effectively.
  - [Explore strategies for managing disruptive behaviors](#)

### Clinical Trials

- Participation in clinical trials can provide access to new treatments and contribute to research.
    - [Sign up for our trials update to see what is currently happening in clinical trials for Alzheimer's](#)
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*Being Patient is a trusted, editorially independent destination for news, journalism, and educational resources on neurodegenerative diseases, and brain health. Former Wall Street Journal executive producer Deborah Kan founded Being Patient in 2017, to cut through the noise and create clarity and community around Alzheimer's and dementia. Join the millions of readers around the world who rely on Being Patient for their independent news source.*