

Nose picking and dementia? Too soon to link

SOT

Courtney McFarlin, OSF HealthCare provider

“There are non-dementia things that can lead to cognitive and behavioral changes. Depression is one.” (:09)

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“We encourage caregivers who are directly involved with the patient to come in during those evaluations. Sometimes the patient themselves doesn’t see these things happening. It’s more the people around them.” (:13)

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“Your brain is a muscle. Just like any other muscle, if you don’t want your brain to waste away and become flabby and underused, exercise that muscle.” (:11)