

Alz. "Mild Cognitive Impairment." *Alzheimer's Association*. 2017. Web. 18 Apr. 2017.

<<http://www.alz.org/dementia/mild-cognitive-impairment-mci.asp>>.

Alz.org is a site that gives facts and statistics on Mild Cognitive Impairment and Alzheimer's disease. The facts come from the [Alzheimer's Association](#), a credible source for information having to do with dementia and MCI. I want to make people aware of the effects and facts of MCI so that they know what to do if someone around them becomes sick with MCI.

This source connects to my project because it explains the science behind Mild Cognitive Impairment. It also talks about alternative treatments and medication options which is an important piece of my project. These facts and statistics will help me in the long run of my project when I make my informational website on how to care for those with MCI.

Caring. "Mild Cognitive Impairment." *Caring Inc.* 2017. Web. 20 Apr. 2017.

<<https://www.caring.com/articles/a-caregivers-guide-to-mild-cognitive-impairment>>

This site gives a lot of information about elderly people and nursing home care. I found a lot of information about MCI and when you should and shouldn't check someone into a nursing home or assisted care facility. This information will be used a lot when I talk about treatment and slowing the progression of MCI.

This connects to my project because I talk a lot about people who are checked into nursing homes and don't necessarily need to be there. Lots of people are in nursing homes because of MCI and a lack of information about treatments. I will change this by trying to put

more information about things you can do at home for helping people with Mild Cognitive Impairment.

Mayo Clinic Staff. "Mild cognitive impairment (MCI)." *Mayo Foundation for Medical Education and Research*. 2017. Web. 18 Apr. 2017.

<<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/diagnosis-treatment/treatment/txc-20206167>>

The [Mayo Clinic](http://www.mayoclinic.org) is a website full of tips about sickness, treatments, and doctors advice. All of the information comes from real doctors and is credible. I found information on treatment and medications you can take to slow the progression of MCI on this website. I will use this information while talking about treatment plans for MCI.

This information is helpful to my project because really want to explain what the treatment options and medications are for MCI. I am going to use this information to help better educate people on how to care for those with Mild Cognitive Impairment. These tips and skills are very helpful and could help me make a difference.

Ncbi. "Treatment of mild cognitive impairment (MCI)." *National Center for Biotechnology Information*. 6 Aug. 2009. Web. 18 Apr. 2017.

<<https://www.ncbi.nlm.nih.gov/pubmed/19689235>>

The NCBI gave me information about the treatment and medications used to slow the progression of MCI. It also gave a more in depth definition of MCI and thoroughly explained the disease. It went deeper into medications used to slow the effects of MCI.

This information will be useful in my project when talking about the medications used to help people with MCI. The treatment process of people with MCI is very sensitive and I think this information expresses that. It's very relevant to my project in the sense that it talks about the treatment of Mild Cognitive Impairment.

Esther Landhuis. "Is Dementia Risk Falling?". *Scientific American*. 2017. Web. May 2017.

<<https://www.scientificamerican.com/article/is-dementia-risk-falling/#>>

This Scientific American Article gave me information and statistics on the falling risk of dementia. It talked about surveys and experiments done on elderly people who may be susceptible to dementia. These studies proves that within the last 25 year the rate of dementia has steadily decreased.

I will use this information in blog to prove that dementia is a risk that is falling. Less and less people are being diagnosed each year and those who are being diagnosed symptoms are not as severe as they may have been 25 years ago. These people are still humans and we may be doing something right when it comes to 'curing' this disease. If the risk of dementia continues to fall one day we may have little to no people in the world with dementia.

Bulizzi, Catherine, and Linda Ann Bulizzi. "Mild Cognitive Impairment and It's Affects on Our Family." Interview by Louisa Mary Strohm. May 2017.

I received information in these interviews about the affects of my grandmother MCI on her and the rest of my family, especially my mom. I learned about my grandmother's way of looking at her disease and my mother's way of looking at it. My grandmother also gave me her opinion about taking medicine and whether she thought it helped or not. I learned some other new ways that my mother takes care of my grandmother and the emotional stresses on her.

I will use this information in my blogs to try and make personal ties to MCI and draw people in to wanting to know more about my grandmother's story. I want to spread awareness for those who have MCI. I will also use this information to try and get more information out there on how to care for those with MCI.

NCBI. "Pharmacological Treatment of Mild Cognitive Impairment as a Prodromal Syndrome of Alzheimer's Disease". *National Center for Biotechnology*. Jan 2013. Web. May 2017.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3580783/>

This website gave me information about the different medications you can take to slow the progression of MCI. These medications affect the chemicals in your brains and hormones to help people who suffer from this disease remember more and change the patterns of their brains.

I will use this information to compare some of my grandmother's medications and try and see which ones are the most effective. My grandmother thinks that the medications and vitamins

she takes really help her so it will be interesting to find which ones are most effective compared to the research and reviews.