



# Thoughts of Yesterday

*Catherine Frayne*

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## **Thoughts of Yesterday** Catherine Frayne

Alzheimer's disease was first written about over a century ago in 1910. It is the most common type of dementia, being a progressive and irreversible disease of the brain, characterised by loss of intellectual function, chronic memory loss, language deterioration and personality change, and affects over 35,000 people in Ireland today. Alzheimer's is big business in terms of healthcare costs. It is also tragic. About 1% of people under 65 years old are affected. This rises to 25% for those over 80 years old. Although more commonly associated with older age, it can also occur in people in their 40s and 50s. In her first book, Catherine Frayne, from the west of Ireland, engages in a warm and deeply personal response to her mother's diagnosis and progression of the illness. Her desperate wish to improve her mother's life led her to innovative research in the United States. Ultimately, the introduction of something in her diet - just one thing - that is truly remarkable and has dramatically changed her mother's day-to-day health. A cure for Alzheimer's? No. But Catherine's experiences with her mother are certainly something worth sitting up and taking notice of if you have someone in your life that suffers from Alzheimer's disease and want to turn back the clock a little. Thoughts of Yesterday is a page turner that might just change your life and that of a loved one's.

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