

Popular Podcast Focuses on Alzheimer's: Early Detection, Future Planning and Signs Misinterpreted

WALNUT CREEK, Calif., March 1, 2019 (SEND2PRESS NEWSWIRE) -- Absolute Trust Talk, a monthly podcast released by Absolute Trust Counsel, recently sat down with Dori Sproul, a family care specialist from the Alzheimer's Association of Northern California, to discuss the myths and misconceptions associated with Alzheimer's – a growing epidemic that affects more than 5 million people each year.



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"To date, it's been the most widely listened to episode on iTunes," Kirsten Howe, Absolute Trust Talk host and Absolute Trust Counsel Founder, says.

So, why are people listening? These facts are likely contributors: one in three seniors who die each year has Alzheimer's or another dementia; and Alzheimer's is the fourth leading cause of death in California.

Sproul reports the scary part is that many people often misinterpret Alzheimer's symptoms as natural signs of aging or other health issues.

“This switch-up is more common than you think,” she says. “But with a disease that is the fourth leading cause of death in California, it’s important now more than ever for the public to be educated.”

In Absolute Trust Talk’s Episode #023 – “Knowing Alzheimer’s” – Howe and Sproul discuss:

- What exactly Alzheimer’s is and what it does to the body
- Vital warning signs
- How patients are diagnosed
- The advantages of early detection
- How crucial it is to plan ahead financially
- What the Alzheimer’s Association is and how it helps families and individuals impacted by the illness.

The podcast can be downloaded on the Absolute Trust Talk podcast page: <https://absolutetrustcounsel.com/023-knowing-alzheimers-with-family-care-specialist-dori-sroul-of-the-alzheimers-association/> along with a free downloadable resource and exclusive tool: “Know the 10 Signs – Because Early Detection Matters.”

It can also be downloaded on iTunes:

<https://itunes.apple.com/us/podcast/absolute-trust-talk/id1371742254?mt=2>.

“Our goal for Absolute Trust Talk is to get together with leaders to break down important topics into thought-provoking, approachable and easy-to-consume content for our community,” Howe says. “It’s always a little bit surprising how much people don’t understand or know when it comes to preparing for their future and the future of their family. I was shocked by some of the statistics about Alzheimer’s and just how widely it’s impacting individuals and families across the country.”

Howe adds, “Partnering with Sproul was a no-brainer to spread the word not only about what the Alzheimer’s Association does, but to highlight the disease itself. Alzheimer’s is a rapidly growing national health crisis, and the more we all understand, the better. We recommend listening and sharing this episode, because one way or another, this disease will touch us all if it hasn’t already.”

Sproul is also eager to get this important information out.

“We want to educate the public on what the normal signs of aging are compared to signs that need follow-up up with a physician. These are health conditions that the greater public needs to know about,” Sproul says.

About Absolute Trust Talk:

Educating at every step. Absolute Trust Talk is not your run of the mill general counsel show filled with legal jargon that doesn’t resonate. Through her 20+ years of practice, Absolute Trust Counsel’s managing attorney,

Kirsten Howe, found herself working with clients who were confused and overwhelmed by the complexity of estate planning and saw a need to help clients with education and specific client-centered estate planning services. Now she's taking her expertise and experience to a new level; she's on a mission to bring a thought-provoking and approachable, friendly voice not only to estate planning, but to a wide variety of business and financial wellness topics.

Through a series of podcasts, Howe will connect with like-minded business professionals and work to coach and encourage listeners to make educated and informed planning decisions. Preparing for the future doesn't have to be stressful or hard, but it does have to be smart.



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About Absolute Trust Counsel:

Absolute Trust Counsel is among the most highly-ranked estate planning law firms in Walnut Creek. The firm's areas of expertise include estate planning, trust administration, Medi-Cal planning, probate, retirement assets planning and special needs planning. Absolute Trust Counsel's mission is to provide easy legal solutions for every client.

Howe was admitted to the California bar in 1987 and has practiced in Walnut Creek since 1997. She earned her J.D. cum laude at the University of California, Hastings College of the Law, where she was a member of the Thurston Society and Managing Editor of The Hastings Law Journal. She earned

her Bachelor of Science degree from the University of Michigan.

She is a member of the Trusts and Estates Section of The State of California Bar; the Estate Planning and Probate Section; the Elder Law Section; and the Women's Section of the Contra Costa County Bar Association. She's on the Board of Directors of the Estate Planning Council of Diablo Valley and a member of the Robert G. McGrath American Inn of Court.

Learn more: <https://absolutetrustcounsel.com>.

About the Alzheimer's Association:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Learn more: <https://alz.org/norcal>.