

# Banner Health launches ‘Dementia Untangled’ podcast to support patients and loved ones

Alzheimer’s experts offer help for millions of caregivers



PHOENIX (March 26, 2021)– A new Banner Health podcast aims to offer

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expert guidance and support for millions of family caregivers of Alzheimer’s and dementia patients. The episodes are produced by [Banner Alzheimer’s Institute](#) and [Banner Sun Health Research Institute](#), which are designated Centers of Excellence by Banner Health for the care, support and research of memory and movement disorders.

“Dementia Untangled” brings prominent experts together to help caregivers learn ways to better navigate their complicated roles and provide informed care to their loved ones. The hosts, Heather Mulder from Banner Alzheimer’s Institute and Janice Greeno from Banner Sun Health Research Institute, offer an upbeat and conversational podcast

that explores these unique topics.

More than 11 million Americans provide unpaid care for people with Alzheimer’s or other dementias, and these caregivers provided an estimated 15.3 billion hours in 2020, according to the Alzheimer’s Association.

“We’re focused on untangling this intricate topic in a way that blends research, science and real-world caregiving experience,” said Mulder, who is also the associate director of outreach research at Banner Alzheimer’s Institute, where she oversees community education and engagement programming. “Listeners will be able to apply what they’ve learned in each episode to improve quality of life for themselves and their person living with dementia.”

“Dementia Untangled” explores the topic of dementia through conversations with physicians, experts and community leaders. These discussions focus on innovative ideas, practical strategies and proven methods to guide caregivers along a supportive path. Topics include current Alzheimer’s research; the complexity behind issues that complicate dementia like movement, hearing loss and intimacy; and managing common problems like repetition, anxiety and ambiguous loss.

Listeners will hear from experts such as [Dr. Alireza Atri](#), renowned cognitive disorders neurologist and director of Banner Sun Health Research Institute, and [Lori Nisson](#), experienced social worker and family and community services director at Banner Alzheimer’s Institute and Banner Sun Health Research Institute.

Dementia Untangled is available on [Apple Podcasts](#), [Spotify](#), [Anchor](#) and other platforms. New episodes of the 30-minute show will be available every week throughout the first season.

**About Banner Alzheimer’s Institute**

Through its research and care, Banner Alzheimer's Institute is dedicated to the goal of ending Alzheimer's disease without losing another generation. Founded in 2006 by Banner Health, one of the country's largest nonprofit health care systems, Banner Alzheimer's Institute is a Center of Excellence with a three-fold focus: to conduct revolutionary studies in the detection, treatment and prevention of Alzheimer's; to set a national standard of patient and family care; and to forge scientific collaborations that bring together institutions and disciplines internationally. For more information visit [banneralz.org](http://banneralz.org); or to support our programs and services go to [give.bannerhealth.com/alzheimers](http://give.bannerhealth.com/alzheimers).

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