IUPUI
DEPARTMENT OF
COMMUNICATION STUDIES
SCHOOL OF LIBERAL ARTS
Indiana University
Indianapolis

How To… Speech/ Question of Value or Fact

Insert Student Name

R110 Section No: COMM-R110-25514

Date: February 20, 2018

Insert Professor Name

Title of Speech: A Window into Alzheimer's Disease

Thesis Statement: In the next few minutes, I will describe some of the factors that are involved in the progression of Alzheimer's disease, as well as the symptoms and methods of treatment.

LEFT COLUMN *label speech functions*	MIDDLE COLUMN ***content of speech*** ***use complete sentences***	RIGHT COLUMN *Label physical behaviors*
Attention TIA Credibility	**INTRODUCTION** I. Author Terry Pratchett once said of his Alzheimer's disease, "It occurred to me that at one point it was like I had two diseases—one was Alzheimer's, and the other was knowing I had Alzheimer's." Realizing that you have such a difficult and uncertain road ahead of you can be extremely unsettling—and a shocking number of people experience this firsthand. It is estimated that one in three senior citizens dies with Alzheimer's or a related dementia. II. Most, if not all, of us know someone who suffers from this terrible disease—perhaps even a family member.	

Thesis	III. My grandfather passed away from Alzheimer's just a few months ago, and I have done quite a bit of research on this disease. After hearing interesting information about Alzheimer's from sources such as the Mayo Clinic and the Alzheimer's Association, I'm sure you will agree that this is an important subject for us to become familiar with. IV. In the next few minutes, I will describe some of the factors that are involved in the progression of Alzheimer's disease, as well as the symptoms and methods of treatment.	
Main Point Sub-Point Sub-Sub-Point Sub-Sub-Point Sub-Point Sub-Sub-Point Sub-Sub-Point	**BODY** I. While there is still a lot of mystery surrounding the source of Alzheimer's, research has identified several factors that produce the effects of this disease in the brain. A. First, plaque forms between brain cells, or neurons. 1. Markus MacGill, a science writer for <u>Medical News Today</u>, explains that this plaque consists of clumps of a protein called beta-amyloid (MacGill). 2. These protein clumps block the signals between neurons, interrupting the processing of crucial information. B. Second, neurofibrillary tangles occur inside neurons.	(*Fill in any actions)

Sub-Point Sub-Sub-Point Sub-Sub-Point Sub-Sub-Point	1. Tangles form when an essential protein called tau accumulates and twists itself into clumps like tangled thread. 2. These tangles block the neurons' transport system, eventually killing the cells. C. Third, insulin resistance prevents the neurons from absorbing glucose. 1. Insulin is a hormone that prompts cells to take in glucose, their normal fuel. 2. When neurons becomes insulin resistant, they cannot take in enough glucose. 3. According to Bryan Neth and Suzanne Craft, who are researchers at Wake Forest University, when this happens, neurons begin to use fatty acids from their own insulation as fuel, essentially self-digesting; this eventually leads to widespread cell death and brain shrinkage (Neth and Craft 345).	
Transition	Now that we have examined some of the factors involved in the progression of Alzheimer's, let's take a look at the observable symptoms.	
Main Point	II. While some Alzheimer's symptoms are common knowledge today, others are less widely known.	Show Slide

Sub-Point	A. Many people know that the brain deterioration in Alzheimer's results in memory loss, confusion, personality changes, and the eventual inability to verbally communicate.	
Sub-Point	B. Some other symptoms are fairly common, but rarely discussed, such as hallucinations and the inability to swallow.	
Sub-Sub-Point	1. Shortly after my grandfather's Alzheimer's symptoms began to appear, he started having auditory hallucinations. At first, my family did not realize that these were a result of his disease, because we had never heard of a link between them. It wasn't until the last couple of years of his life, as we became more involved in support systems, that we discovered that many other Alzheimer's patients experience this symptom as well.	
Sub-Sub-Point	2. Another symptom that you might not immediately think of in relation to Alzheimer's is difficulty in swallowing. According to the Mayo Clinic, this is actually a common cause of death in Alzheimer's patients; when the brain loses its ability to regulate the swallowing action, food or	

	fluids get into the lungs and cause pneumonia ("Alzheimer's Stages").	
Transition	The debilitating consequences of this disease have prompted much research in search of an effective treatment.	
Main Point Sub-Point Sub-Sub-Point Sub-Sub-Point Sub-Point Sub-Sub-Point Sub-Sub-Point	III. Although there is currently no cure for Alzheimer's, there are a few treatments available for its symptoms. A. First of all, there are several drugs that are used to improve brain function. 1. According to the Alzheimer's Association, some of these drugs, called cholinesterase inhibitors, work by slowing the breakdown of some of the chemicals that are lost as a result of Alzheimer's. This allows the neurons to keep communicating ("Current Alzheimer's Treatments"). 2. Another drug, called an NMDA receptor antagonist, works by blocking the absorption of excess calcium that accelerates damage to the neurons ("Current Alzheimer's Treatments"). B. Second, diet may help to control brain deterioration. 1. As I mentioned earlier, when neurons can no longer absorb glucose for fuel, they obtain an alternate fuel, fatty acids, from their own insulation. If a different alternate fuel is provided	

	through the diet, neurons may be slower to self-digest. 2. Dr. Mary Newport, a neonatologist whose husband suffered from Alzheimer's, explains that neurons can use compounds called ketones as fuel. Dr. Newport found that when she fed her husband large amounts of coconut oil—a great source of ketones—his brain function improved dramatically (Newport 1-3).	

Review of Main Points Clincher/tag/ exit line or Final Appeal	**CONCLUSION** I. By investigating some of the factors, symptoms, and treatments of Alzheimer's, we can get a clearer picture of what is involved in this disease. II. With so many people around us experiencing the effects of Alzheimer's, we will surely find a greater awareness of this disease to be invaluable.	

Statement of Academic Honesty: I have read and understand the sections in the Student Bulletin and/or course syllabus relating to IUPUI's Honesty/Cheating Policy. I certify that I have not cheated or plagiarized in the process of completing this assignment. I also verify that this assignment is unique to this class and that I have not used work from previous courses. If it is found that cheating and/or plagiarism did take place in the writing of this outline, I understand the possible consequences of the act, which could include expulsion from IUPUI.

Works Cited

"Alzheimer's Stages: How the Disease Progresses." *Mayo Clinic.* Mayo Foundation for Medical Education and Research, 24 Nov. 2015. Web. www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers-stages/art-20048448?pg=2. 7 Feb. 2018.

"Current Alzheimer's Treatments." *Alzheimer's Association.* Alzheimer's Association. Web. www.alz.org/research/science/alzheimers_disease_treatments.asp. 7 Feb. 2018.

MacGill, Markus. "What's To Know about Alzheimer's Disease?" *Medical News Today.* MediLexicon, Intl., 29 Apr. 2016. Web. www.medicalnewstoday.com/articles/159442.php. 3 Feb. 2018.

Neth, Bryan J., and Suzanne Craft. "Insulin Resistance and Alzheimer's Disease: Bioenergetic Linkages." *Frontiers in Aging Neuroscience* 9 (2017):345. Web. www.frontiersin.org/articles/10.3389/fnagi.2017.00345/full. 5 Feb. 2018.

Newport, Mary. "What If There Was a Cure for Alzheimer's Disease and No One Knew?" *Alzheimer's Disease: What If There Was a Cure?* 22 July 2008. Web. coconutketones.com/wp-content/uploads/2016/09/whatifcure.pdf. 5 Feb. 2018.