



# JANUARY MONTHLY NEWSLETTER

Welcome to this month's edition of the TCN newsletter.

As we begin a new year, we are shining a spotlight on Alzheimer's awareness month. This edition covers what Alzheimer is, its stages and current treatments, along with the emerging potential role of medical cannabis in managing symptoms.

## Alzheimer's Disease

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior over time. It occurs when brain cells become damaged and gradually stop working properly, leading to difficulties with daily activities, communication, and decision-making. Alzheimer's is not a normal part of aging, although age is the greatest risk factor.

### Stages

Alzheimer's is often described in stages:

- Early stage: Mild symptoms; individuals remain mostly independent.
- Middle stage: Symptoms become more noticeable; daily assistance is often needed.
- Late stage: Severe cognitive decline; individuals may lose the ability to communicate or care for themselves.
- End of life: 24-hour care is required, with a focus on comfort and quality of life.

Early diagnosis can help support a better quality of life.

### Treatment

Alzheimer's disease currently has no cure. Research shows that targeting beta-amyloid in the brain can slow cognitive and functional decline in some people with early Alzheimer's. Other treatments may help manage symptoms and improve quality of life for individuals and their caregivers. Worldwide research efforts continue to focus on improving treatment options, delaying disease progression, and preventing the disease.



- Most cases are not inherited. Only a small percentage (less than 5%) are linked to rare genetic forms of the disease.
- It is the most common cause of dementia, accounting for 60–80% of cases.
- About two-thirds of Canadians aged 65+ living with dementia are women.

## Study Spotlight

A recent 26-week clinical study looked at a low-dose THC-CBD cannabis extract in older adults with Alzheimer's-related dementia.

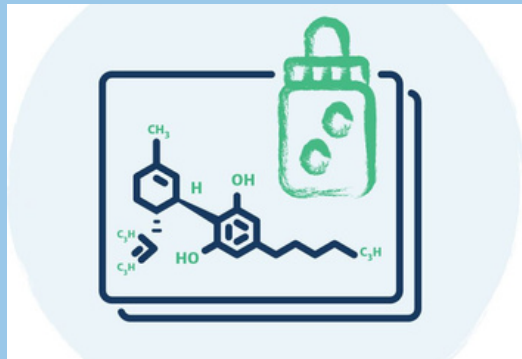
- Participants who received the cannabis extract showed slightly higher cognitive test scores compared to those who received a placebo.
- Side effects were similar between the cannabis and placebo groups, suggesting the low dose was generally well tolerated.
- Researchers note that while results are encouraging, the study was small and larger, long-term studies are still needed.
- Medical cannabis is not currently a standard treatment for Alzheimer's disease, and decisions should always be made in consultation with a healthcare provider.

[Read the Study HERE](#)

Medical cannabis is not a cure for Alzheimer's disease, and it does not stop or reverse disease progression. However, emerging research and clinical experience suggest it may help support certain symptoms in some individuals.

These symptoms can include:

- anxiety
- agitation
- sleep disturbances
- appetite changes
- behavioral distress



Responses vary, and medical cannabis is not appropriate for everyone, particularly older adults with complex medical conditions or medication regimens. An assessment by a qualified healthcare practitioner is essential to determine whether medical cannabis may be a safe and appropriate option. TCN offers individualized evaluations to help patients and caregivers make informed, evidence-based decisions.



**No Appointment Required.**

At TCN, obtaining or renewing a medical document has never been easier — our enhanced platform now eliminates the need for a scheduled appointment, so patients can renew or complete their intake anytime, at their convenience.



We will be closed on Thursday January 1, 2026 for New Years Day and will re-open with regular hours on Friday January 2, 2026. Wishing you a Happy New Year!

Reference(s):  
Alzheimer's Association.  
(n.d.). What is Alzheimer's?  
Alzheimer's Association.

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