



For immediate release

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“Sundowning Syndrome” topic of Touchmark presentation

EDMOND, Okla. — Touchmark at Coffee Creek presents a talk by OU Assistant Professor Ruchi Aggarwal, M.D., June 16 on how sundowning can affect your loved one. Sundowning refers to a group of symptoms that can occur in persons with Alzheimer’s disease and other age-related dementia as the sun starts to go down.

The one-hour session will start at 6 p.m. at Touchmark, 2801 Shortgrass Road, Edmond. There is no charge to attend, but RSVPs are requested by June 15 (405-340-1975). Refreshments will be provided.

Dr. Aggarwal will discuss how the time of day can affect someone’s mood and behavior, and how to reduce these changes. Sundowning symptoms include confusion, anxiety, restlessness and agitation. Due to the stress it puts on caregivers, sundowning is a common cause of caregiver burnout.

Board certified by the American Board of Psychiatry and Neurology in both Psychiatry and Geriatric Psychiatry and the recipient of several awards, Dr. Aggarwal provides outpatient psychiatric care to seniors and other adults. Her primary interests include behavioral issues and dementia as well as mood and psychotic disorders. She also teaches and lectures at the College of Medicine.

Touchmark is a full-service retirement community located off Covell at 2801 Shortgrass Road in Edmond. Touchmark at Coffee Creek is part of North Edmond’s Coffee Creek planned residential development, which includes 638 acres of homes, a golf course, recreational centers, and walking and biking trails. More information is available at TouchmarkEdmond.com and by calling 405-340-1975.

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