

PAM MONTANA

Alzheimer's Association National Early-Stage Advisor

Pam Montana was diagnosed with younger-onset Alzheimer's disease in 2016 at age 61.

A former Intel executive, Pam managed and led sales teams until her early retirement in 2017. In her role, she spoke frequently at events and prided herself in creating programs to help other women advance within the organization. She now dedicates herself to being an Alzheimer's advocate.

Pam first noticed cognition problems in 2012 when she began having difficulty remembering conversations and learning new systems at Intel. "I remember sitting in my office really struggling to comprehend a training seminar. I was taking notes and doing my best to understand what was being said, but it wasn't 'sticking.' I had to write things down, almost word for word to compensate."



Given Pam's respected reputation, work colleagues dismissed her symptoms. Soon afterward, however, her husband Bob noticed that Pam would ask repetitive questions, often within minutes of each other. She also started experiencing confusion navigating familiar environments.

In 2015, following a neuropsychological evaluation, Pam was diagnosed with Mild Cognitive Impairment (MCI). In July 2016, following subsequent MRI, PET and CT scans conducted over three days at the University of California San Francisco Memory and Aging Center, Pam was diagnosed with younger-onset Alzheimer's disease.

Pam received her diagnosis while accompanied by Bob and her two daughters, and although the news was devastating, finally knowing the truth was a relief, she says. Pam allowed herself 24 hours to grieve and emerged the next day determined to be a fierce advocate.

"The day after my diagnosis, I changed my Facebook, Twitter and LinkedIn profiles and proclaimed to the world that I had Alzheimer's. I let people know that I have a new job now – one with a real purpose – and that is fight for a cure, raise awareness and remove the shame and stigma of this horrible disease."

Today, Pam dedicates herself full-time to Alzheimer's awareness. Pam spearheaded four new Walks to End Alzheimer's, which collectively raised over \$50,000 last year, and has spread the word to involve others in the fight. Raised Christian Scientist, Pam was taught to pray for healing. Growing up, she never went to the doctor. Today, she is in a clinical trial and wholeheartedly embraces medical research to find a cure for Alzheimer's.

As a member of the Alzheimer's Association 2017-2018 National Early-Stage Advisory Group, Pam says she welcomes the opportunity to give a voice and face to early-stage Alzheimer's.

"As my doctor told me last year, it's important to do what makes me happy – and working with the Alzheimer's Association and others to help find a cure does that," she says. "I know there may not be a cure in my lifetime, but I will die trying, and with a smile on my face, because it will help others."

Pam and her husband Bob (Linscheid) reside in Danville, CA. They share a blended family of six adult children.