

Biography

Zoë A. Lewis, M.D., FACP, DAAHPM, is a fellow of the American College of Physicians (FACP) and Diplomate of the American Academy of Hospice and Palliative Medicine, (DAAHPM), internist, author, speaker, aging and Alzheimer's education activist and internet radio show producer and host. Her two books, "I Hope They Know: The Essential Handbook on Alzheimer's Disease and Care", together with newly released, "Espero que sepan: La guía holística para la enfermedad de Alzheimer," 2009, Virtualbookworm Publishing, are listed resources with the National Alzheimer's Association.

Dr. Lewis has been practicing medicine since 1995, and now works in acute care medicine as a hospitalist in Florida and Massachusetts. She is also a hospice consultant nationally. Her work with end-stage dementia and hospice care has been recognized by the National Hospice and Palliative Care Organization. Dr. Lewis holds a Bachelor of Arts with Departmental Honors in Biology from Temple University, Philadelphia and a Medical Doctorate, Summa Cum Laude from the University Of Rome School of Medicine, 'La Sapienza', Italy. Her graduate medical thesis research on melanoma was published in *Oncology*, 1993. Her internship and residency training were completed at the University of Pennsylvania Healthcare System, Philadelphia, Pennsylvania. She has held academic clinical internal medicine teaching positions at the University of Pennsylvania, Tufts University and Harvard School of Medicine. She has numerous peer review publications on a variety of topics.

Active since earning her medical degree in community and professional education, she now focuses audiences on Alzheimer's disease care strategies promoting quality of life. She regularly lectures to medical professionals across the country and has presented for the National Council on Aging on Alzheimer's disease and at other national meetings on hospice care issues.

Using her website, zoealewis.com, and her radio program, both dedicated to 'hope through knowledge', she presents monthly programs and web articles on end-of-life care issues and Alzheimer's disease. The radio program, Hospice Radio, features international experts on end-of-life care on blogtalkradio with an international audience.

Why I wrote this book.

People turn first to their doctor when they have healthcare questions. They also want to save time and money with expert advice. The diagnosis of Alzheimer's disease will touch each of us in some way – personally, or economically, with healthcare costs we must all bear. "I Hope They Know: The Essential Handbook on Alzheimer's Disease and Care", provides answers to the multitude of demands and needs families face, offering resources, while saving readers time and money.

From my unique perspective as an internist and hospice doctor I feel the suffering families go through from diagnosis to death. I also know doctors and nurses don't have the time to explain what is needed, while organizational resources are often hard to track down. I recognized reducing the emotional and financial burdens for families was only possible if early care strategies and planning were put into place. There is no other book written by a medical doctor that focuses families and loved ones on finding personalized solutions, while providing caring medical advice, with both holistic and traditional care models meant to preserve and protect the best quality of life for the longest period of time.

Book synopsis:

Both books are divided into three parts, 62 chapters with an appendix. 'I hope they know' is the entry statement of each chapter, followed up with the topic that includes the exploration and strategies to manage issues like: inappropriate sexuality, toileting and incontinence, poor driving skills and taking away the car keys, swallowing difficulties, living wills, hospice and palliative care, art and music therapy, assistive technology, nutrition, grooming and dozens more. Each chapter answers in easy-to-read, large font prose, the most difficult questions that will come up over the course of a dementing illness. Each chapter will set the standard from which the family can discuss and create plans for optimal care from the time of diagnosis through the end stages. Additional resources are listed at the conclusion of each chapter to encourage more in depth reading, including free help on many internet sites.

Other Projects:

Hospice Radio on Blogtalkradio

Hospice Radio is a one-hour interview-based program featuring topics and international experts in the fields of aging and end-of-life care. Producer and host, Dr. Zoë A. Lewis, is a recognized Internist and Hospice and Palliative Care physician, author, speaker and education activist for Alzheimer's disease and care. This program was created to benefit anyone, anywhere interested in the services provided by hospice, palliative care and aging programs. Hospice Radio is the first program of its kind with a physician-specialist as your host. Distinguished guests share their expertise and provide support to individuals, caregivers, and those who work in the fields of aging and end-of-life care. Programs target an international audience and are presented in the way millions worldwide are choosing to get up-to-date, relevant information today – a radio talk show.

Previous guests:

Harry R. Moody, Director of Academic Affairs for AARP

Pamela Grace, PhD, RNCS, ANP, Boston College

Judi Lund Pearson, Vice President of Regulatory and State Leadership for the National Hospice and Palliative Care Organization

Rabbi Dr. Maurice Lamm, The National Institute for Jewish Hospice and New York Times Best Selling Author

Jennifer Block, Zen Hospice Project in San Francisco, California

Kenneth W. Goodman, Ph.D., co-director of the University of Miami's Ethics Programs, director of the Ethics Programs' World Health Organization Collaborating Center in Ethics and Global Health Policy

Ann Armstrong-Dailey founder of CHILDREN'S HOSPICE INTERNATIONAL

Stan Goldberg, author, Professor Emeritus of Communicative Disorders at San Francisco State University

Fanny Barry, founder, That Barry Girl Foundation

And others

Contacts: drzoe@zoealewis.com, Cellular: (617) 794-0008, Office (305) 434-7900