

Understanding Dementia



At least 5 million people in the United States are living with dementia. One out of every six women and one out of every ten men living past the age of 55 will develop dementia.



DEMENTIA IS NOT A DISEASE

but an umbrella term used to describe a range of signs and symptoms. It can be due to many different causes.

Dementia is a disturbance in a group of mental processes including:

- ✓ Memory
- ✓ Reasoning
- ✓ Planning
- ✓ Learning
- ✓ Attention
- ✓ Language
- ✓ Perception
- ✓ Behavior

Common behavioral disturbances in patients with dementia include:

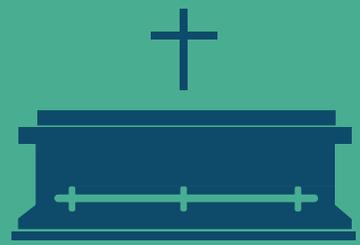
- ✓ Agitation
- ✓ Apathy
- ✓ Mood Disturbances
- ✓ Psychotic Symptoms



Mild Cognitive Impairment (MIC) a forerunner of dementia occurs in **10%-20%** of people over 65.



5%-15% of MCI cases will convert to dementia annually.



Dementia
DOUBLES
your mortality risk

10 EARLY WARNING SIGNS OF DEMENTIA

1. Memory difficulties affecting daily life
2. Difficulty planning or solving problems
3. Confusion with places and time
4. Difficulty with familiar tasks at home
5. Misplacing things
6. Difficulty recalling words or following a conversation
7. Problems with vision or perception
8. Problems with judgment
9. Changes in personality
10. Social and work withdrawal



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70%

.of people with dementia have behavioral disturbances

ARM BRACELETS with name and telephone number or

SHOES WITH GPS are a good idea for people with dementia



Myths About Dementia

1. Severe memory loss is a natural part of aging.
2. Dementia disease is not fatal.
3. Only old people can get dementia.
4. Artificial sweeteners like aspartame can cause dementia.

Types of Dementia include the following and some individuals can have more than one type.



ALZHEIMER'S DISEASE (50 – 70% OF ALL CASES)

Difficulty remembering names, recent events, apathy, and depression are early common symptoms. Later symptoms include confusion, impaired judgment, disorientation, behavior changes, and difficulty speaking, swallowing, or walking.



VASCULAR DEMENTIA (20% OF ALL CASES)

A decline in thinking skills caused by conditions that block or reduce blood flow to the brain depriving brain cells of vital oxygen and nutrients. This is often from a stroke or a series of mini strokes.



LEWY BODY DEMENTIA (15-20% OF ALL CASES)

Often have memory loss and thinking problems common in Alzheimer's but are more likely to have initial or early symptoms of sleep disturbances, well-formed visual hallucinations, muscle rigidity, or other Parkinsonian movement features.



PARKINSON'S DISEASE (5% OF ALL CASES)

Problems with movement are a common symptom early in the disease. If dementia develops, symptoms are often similar to dementia with Lewy bodies.



FRONTOTEMPORAL DEMENTIA (5% OF ALL CASES)

Typical symptoms include changes in personality, behavior, and difficulty with language. Nerve cells in the front and side regions of the brain are especially affected.

EVERY 68 SECONDS

**Someone in America
Develops Alzheimer's**



Risk Factors For Dementia

- ✓ Advancing Age
- ✓ Hypertension
- ✓ Family History
- ✓ Diabetes Mellitus
- ✓ Head Trauma
- ✓ Strokes
- ✓ Late Life Depression



WAYS DEMENTIA CAN BE TREATED



LIFESYLE CHANGES

Modifications that may help delay or prevent dementia in some people include avoiding smoking or excessive alcohol intake, aggressive treatment of hypertension, diabetes, high lipids, and late life depression. Increasing physical exercise, mental and social activity, and cognitive training may be beneficial. The evidence for the use of antioxidants, homocysteine, specific diets, and omega 3 fatty acids is inconsistent.



MEDICATION

Drugs like donepezil, rivastigmine, galantamine, and memantine (alone or in combination) may improve mental processes like memory and sometimes slow the progression of Alzheimer's disease. Parkinson's disease or Lewy body dementia may be helped by carbidopa-levodopa. Antidepressants like SSRI's, antipsychotics, or psychostimulants may help treat the behavioral disturbances of dementia. The use of antipsychotics should be used as a last resort and not as first line treatment.

Source: Global Medical Education
www.gmeded.com



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