

Dementia: When We Forget



What Would You Like To Cover?

What is Dementia?



Dementia

- Dementia is the general term for a group of brain disorders that causes memory problems and makes it hard to think clearly
- Affects daily function
- Greater than one would expect from normal aging

Symptoms of Dementia

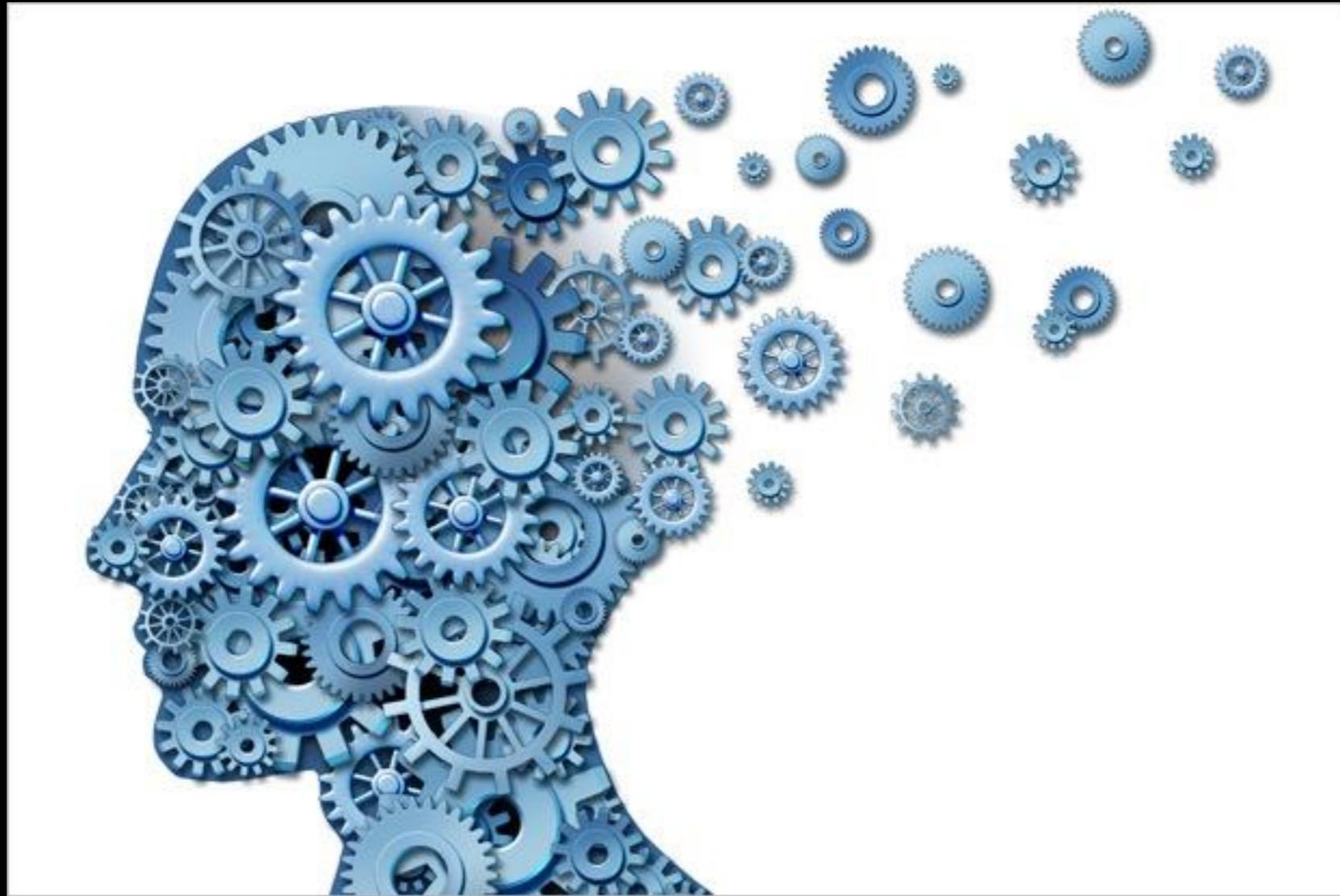
- Memory
- Communication/Language
- Focus/Attention
- Reasoning/Judgement
- Visual Perception



Factors for Dementia

- Risks: age, family history, genetics
- Other: head trauma, blood pressure, heart disease, stroke, diabetes, cholesterol, vitamin deficiency, alcohol

Types of Dementia



Alzheimer's Disease

Most common type of dementia

Brain cells slowly die over time

Gradual process

Vascular Dementia

Second most common type of dementia

Happens when parts of the brain do not get enough blood

Most common among people with strokes or at risk for strokes

Other Types

Lewy Body Dementia

Mixed Dementia

Parkinson's Disease

Frontotemporal Dementia

Normal Pressure Hydrocephalus

Huntington's Disease

Wernicke-Korsakoff

Other Medical Conditions: Thyroid, Vitamin Deficiencies, drug interactions

Warning Signs



Warning Signs

Memory Loss: forgetting recent information/events, asking for same information over and over, forgetting important dates

Warning Signs

Issues with Planning or Solving Problems: trouble following a recipe, keeping track of bills, especially things that they used to be able to do

Warning Signs

Difficulty with Daily Tasks: may not be able to do many things they used to do at work or leisure, for example may not be able to remember the rules of favourite games

Warning Signs

Confused about time and place: may not understand where they are or how they got there, what date or season it is, or even year

Warning Signs

Difficulty with visual or spatial relationships: may not be able to read or judge distance or colour contrast

Warning Signs

Trouble with Speaking or Writing: may not be able to follow a conversation, may repeat themselves often, may have trouble remembering or using the wrong word for things

Warning Signs

Losing or Misplacing: may put things in unusual places, sometimes accuse others of stealing

Warning Signs

Decreased Judgement: may make poor decisions like giving large amounts of money to telemarketers, unable to keep track of personal hygiene or self care

Warning Signs

Withdrawn from Social Activities: may distance themselves from work, sports, hobbies

Warning Signs

Mood or Personality Change: may become suspicious, depressed, fearful, easily upset, anxious, or inappropriate

What Can Be Done



What Will Your Doctor Do?

- Based on type of dementia
- May include bloodwork
- May include special tests (called the “MMSE” or “MOCA”) for assessment of how you think and answer questions



What Will Your Doctor Do?

- May or may not need brain scans
- Possible Referral to a Psychiatrist or other specialist



Ways to Help Those With Dementia

- Safety Issues - driving, cooking, getting lost
- Routines
- Reminders

Ways to Help Those With Dementia

- Support from others - Home Health, community, groups
- Active minds, Active Bodies
- Good diet, Decrease Alcohol, Stop Smoking
- Be Social

Medications

- Depends on the individual
- No Cure for dementia
- Dementia gets worse over time
- Couple different classes of medications, but all have risks/benefits

Delirium



The Other “D”

- Delirium: a brief state of confusion, often displayed by disorganized thinking with reduced ability to focus or shift attention
- very common in people with medical illnesses especially the elderly
- when the medical issue is treated, delirium gets better

Questions



Resources

- Alzheimer's Association
- Alzheimer's Society of BC
- Your Doctor
- Allied Health Professionals

Photo Credits:

- <http://www.reviveactive.com/krill-oil/health-benefits/brain/>
- http://www.huffingtonpost.com/2013/09/10/women-brain-health_n_3899555.html
- <http://mediterranean-quality-care.com/wp-content/uploads/2014/01/>