



Demystifying Dementia

Dementia 101

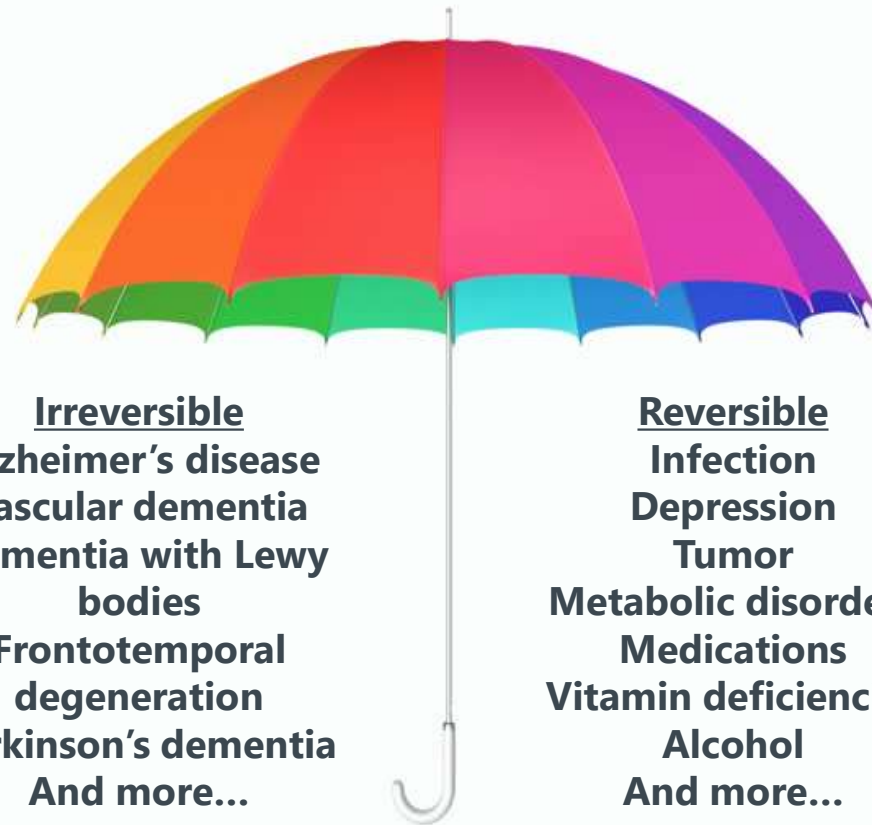
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- **What's normal with age?**

- Walking into a room and forgetting what you went in there for, but remembering a few moments later
- Losing things from time to time, but back-tracking and finding them
- Forgetting about an appointment but remembering later
- Making a bad decision once in a while
- Other mild forgetfulness that doesn't significantly affect day-to-day life

- **What is dementia?**

- Dementia is not a normal part of aging
- Dementia describes a group of symptoms affecting thinking, language and social abilities severely enough to interfere with daily functioning
- Dementia isn't a specific disease



Irreversible
Alzheimer's disease
Vascular dementia
Dementia with Lewy
bodies
Frontotemporal
degeneration
Parkinson's dementia
And more...

Reversible
Infection
Depression
Tumor
Metabolic disorders
Medications
Vitamin deficiencies
Alcohol
And more...



- **Warning Signs**

- Memory loss that disrupts daily life
- Challenges planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble with visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Source: Alzheimer's Association alz.org/10signs

- **Mild Cognitive Impairment (MCI)**
 - Causes more memory problems than normal compared to others in the same age group, but it does not significantly interfere with the ability to participate in daily activities
 - Not a type of dementia
 - Increases risk for developing Alzheimer's or another dementia



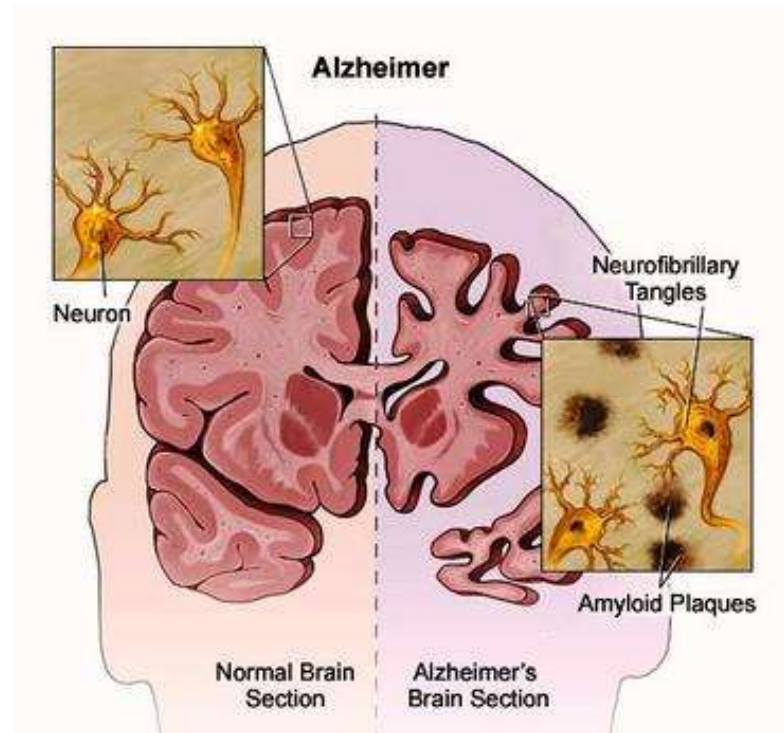
- **Alzheimer's disease (AD)**

- Irreversible, progressive brain disorder that causes problems with memory, thinking, behavior, loss of ADL's, and ultimately, death
- Accounts for 60-80% of dementia cases
- Onset is usually age 65+, but can occur earlier (younger-onset)
- Tends to affect women more than men, older African-Americans and Latinos more than older whites, and those with Down Syndrome more than general population
- There is no way to stop or slow the disease, however treatments for symptoms are available.

Quick Facts

- MORE THAN **6 MILLION** AMERICANS ARE LIVING WITH ALZHEIMER'S. BY 2050, THIS NUMBER IS PROJECTED TO RISE TO NEARLY 13 MILLION.
- **1 IN 3 SENIORS** DIES WITH ALZHEIMER'S OR ANOTHER DEMENTIA. IT KILLS MORE THAN BREAST CANCER AND PROSTATE CANCER COMBINED.
- MORE THAN **11 MILLION** AMERICANS PROVIDE UNPAID CARE FOR PEOPLE WITH ALZHEIMER'S OR OTHER DEMENTIAS.

- Degradation of nerve cells
 - Plaques
 - Deposits of a protein fragment called beta-amyloid that builds up in the spaces between nerve cells
 - Tangles
 - Twisted fibers of another protein called tau that build up inside cells
- Research continues!



- Known risk factors
 - Age
 - Family history and genetics
 - Risk genes vs. deterministic genes
 - Head injury
- Suspected risk factors
 - Heart disease and high blood pressure
 - Diabetes
 - Depression
 - Other lifestyle factors, such as lack of physical activity



- **Vascular dementia (VaD) or Vascular Cognitive Impairment (VCI)**
 - Occurs because of brain injuries such as microscopic bleeding and blood vessel blockage.
 - The location, number and size of the brain injury determines how the individual's thinking and physical functioning are affected.
 - Frequently progresses in "steps"

- **Lewy Body Dementia (LBD)**
 - Umbrella term for **dementia with Lewy bodies (DLB)** and **Parkinson's disease dementia**
 - Lewy bodies are abnormal clumps of a protein that accumulates in neurons, typically found in the brain cortex.
 - First signs of DLB are often deficits in attention and executive functioning.
 - Other symptoms of DLB include fluctuating cognition, recurrent complex visual hallucinations, spontaneous features of parkinsonism.

- **Frontotemporal Degeneration (FTD)**
 - A disease process that results in progressive damage to the temporal and/or frontal lobes of the brain.
 - It causes a **group of brain disorders** that share many clinical features (bvFTD, Pick's disease, PPA, and others).
 - Gradual, progressive decline in behavior and/or language that often has a relatively young age at onset (50s and 60s)
 - Tends to affect men more than women



- Other types of dementia:
 - Huntington's disease
 - Creutzfeldt-Jakob disease
 - Wernike-Korsakoff syndrome
 - Normal pressure hydrocephalus
 - HIV-associated dementia
 - Chronic traumatic encephalopathy

- **Mixed dementia (dementia- multifactoral)**
 - Symptoms and abnormalities of more than one type of dementia simultaneously
 - Usually Alzheimer’s disease and vascular dementia, but can be other combinations or more than two pathologies
 - Recent research suggests a large proportion of people over age 80 may have mixed dementia

- When something is happening that is not normal for the person, see your primary health care provider.
- Dementia is diagnosed through a complete medical assessment, which may include seeing a specialist (e.g. neurologist, neuropsychologist, geriatrician).
- There are treatments available to help with symptoms, and course of treatment may vary based on type and stage of dementia.

- Early/Mild
 - Memory loss of recent events, getting lost or misplacing objects, difficulty with complex tasks or situations
- Middle/Moderate
 - Increased confusion, poor judgment, communication challenges, need assistance with tasks like dressing and grooming
- Late/Severe
 - Loss of ability to communicate, loss of physical capabilities, need for full-time care



- Educate yourself
- Find support
- Get involved in a clinical trial
 - www.clinicaltrials.gov
- Learn about community resources and reach out for help



- Insight Memory Care Center
 - insightmcc.org or (703) 204-4664
- Fairfax County Area Agency on Aging
 - fairfaxcounty.gov/dfs or (703) 324-7948
- Alzheimer's Association
 - alz.org or (800) 272-3900
- National Institutes of Health
 - nia.nih.gov/alzheimers or (800) 438-4380
 - clinicaltrials.gov

PROGRAMS

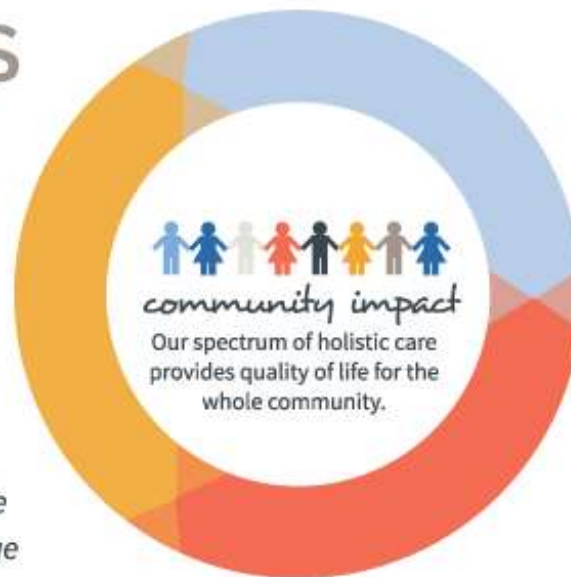
CARE

Early Stage

- *Mind and Body Workshop*
- *Reconnections*
- *SHARE Program*

Adult Day Health Center

- *Blue Group, early to mid stage*
- *Orange Group, moderate stage*
- *Coral Group, late stage*



EDUCATE

- Classes for Caregivers
- Community Workshops
- Professional Training
- Caregiving at a Glance Guide

SUPPORT

- Support Groups
- Consultations
- Memory Screening
- Memory Cafe
- Caregiver Cruise

Thank you!

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