

What Is Dementia?

Dementia is not a single disease, but a broad term used to describe changes in the brain that cause a decline in thinking, memory, behavior, and emotions. It occurs when brain cells and their connections are damaged or lost, interfering with how the brain sends and receives messages.

Dementia is caused by disease or damage to the brain and is **not a normal part of aging**.

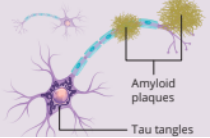
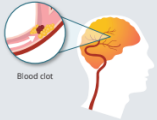
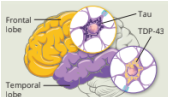
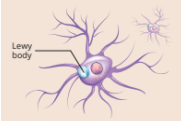
Normal Aging

- Occasionally forgetting names, or bills but remembering later
- Slower thinking or processing speed
- Momentary word finding difficulty
- Misplacing items but retracing steps
- Needing more time to learn new things
- Mild change in mood/preference

Possible Signs of Dementia

- Frequent memory loss that disrupts daily life
- Difficulty following conversations or finding words
- Confusion about time, place, spatial awareness
- Trouble completing familiar tasks
- Changes in judgment, decision, problem solving
- Changes in mood, personality, or behavior
- Withdrawal from activities once enjoyed

The 5 Main Types of Dementia

<p>Alzheimer's Disease</p> 	<ul style="list-style-type: none"> • Most common type of dementia - progressive brain cell death • Caused by accumulations of proteins in the brain • Difficulty with memory, language, problem-solving, and orientation • Gradual loss of cognitive and functional abilities
<p>Vascular Dementia</p> 	<ul style="list-style-type: none"> • Caused by reduced blood flow to the brain, often related to strokes • Symptoms may appear suddenly or progress in steps • Problems with planning, judgment, mood, attention, and processing
<p>Frontotemporal Dementia (FTD)</p> 	<ul style="list-style-type: none"> • Often begins at a younger age (40s-60s) • Changes in personality, behavior, or language • 3 variants - movement, behavioral, language • Impulsive or socially inappropriate behaviors are common
<p>Lewy Body Dementia (LBD)</p> 	<ul style="list-style-type: none"> • Caused by abnormal protein deposits in the brain • Fluctuating alertness and attention • Visual hallucinations • Parkinson-like movement symptoms • Sensitivity to certain medications
<p>Mixed Dementia</p>	<ul style="list-style-type: none"> • More than one type of dementia occurring together • Most commonly Alzheimer's disease and vascular dementia • Symptoms may overlap and vary

What to Do If You Have Concerns

- **Talk with a healthcare provider**
- **Keep notes about changes you're noticing**
- **Ask questions and seek a full evaluation**
- **Reach out for education and support**

You are not alone—help is available.