

Signs & Symptoms

Dementia results when once healthy nerve ends in the brain stop working, lose connections with other brain cells as they age and due to other diagnosis or health conditions.

Things To Look For

- Experiencing memory loss, poor judgement, and confusion.
- Difficulty speaking, understanding and expressing thoughts, or reading and writing.
- Wandering and getting lost in a familiar neighborhood.
- Trouble handling money responsibly and paying bills.
- Repeating questions.
- Using unusual words to refer to familiar objects.
- Taking longer to complete normal daily tasks.
- Losing interest in normal daily activities or events.
- Hallucinating or experiencing delusions or paranoia.
- Acting impulsively.
- Not caring about other people's feelings.
- Losing balance.

Support System & Early Detection

If you have a loved one with Dementia, it is important to monitor them carefully and be prepared to help them with daily activities. If you feel that a family member or a loved one is exhibiting many of the symptoms, please have them visit a doctor for a professional diagnosis.



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Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

- Alzheimer's
- Lewy Body Dementia
- Vascular Dementia
- Frontotemporal Dementia
- Other Parkinson's Huntington's disease

Preventing Dementia

- Eating a healthy, balanced diet.
- Maintaining a healthy weight.
- Exercising regularly.
- Keeping alcohol within recommended limits.
- Stopping smoking.
- Keeping your blood pressure at a healthy level.

What is Dementia?

Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia.



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