

Dementia:

English version



- Degenerative disease of the brain caused by pathological changes of brain cells.
- Usually affects elders, about 4% of people aged over 65 develop dementia.
- In Hong Kong 9.3% aged over 70 suffers from it

Types and causes

1) Alzheimer's disease

Most common with unknown cause; progressive decline in cognitive function; might be hereditary

2) Multi-infarct Dementia

Caused by multiple minor strokes damaging the brain cells

3) Other causes

Hydrocephalus, hypothyroidism, drug poisoning and depression

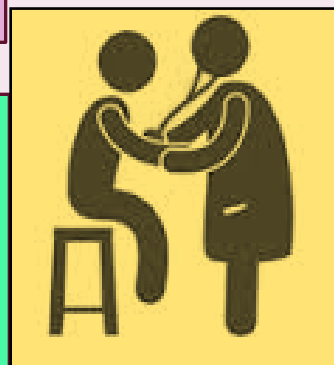
Symptoms

- ❖ **Early Stage:** Poor recent memory; Declined ability to think or judge; Confused.
- ❖ **Intermediate Stage:** Emotional fluctuations and changes in temperament; Disorientated in time require assistance with daily activities.
- ❖ **Late Stage:** Inability to recognize relatives, Incontinence, Language impairment. Become totally dependent.



Management and treatment

- ❖ Seek medical advice promptly if any signs.
- ❖ No cure for Alzheimer's disease or multi-infarct dementia, however some drugs may improve memory and cognitive functions in early stage.
- ❖ Counseling and behavioral therapy.
- ❖ Care and acceptance from family members and the community are very important.



Prevention

- ❖ Participation in mentally stimulating activities.
- ❖ Practicing healthy lifestyle : balanced diet, regular exercise, quit smoking and no excessive drinking.
- ❖ Proper management of hypertension, diabetes mellitus and heart disease.

