

Dementia: Spotting Signs & Getting Treatment



Dementia can be tough to battle. It is a disease that affects the brain's functions, causing it to progressively decline in its ability to think and remember. It also affects the person's mood and movement. Let's dig further into understanding more about it and how to navigate it.

Common Types of Dementia

Different types of dementia are known. The most common types are:

- Alzheimer's disease
- Vascular dementia
- Lewy Body dementia
- Frontotemporal dementia
- Mixed dementia



Understanding the Different Types of Dementia

Let's take a closer look at how each of these is different from the other.

Alzheimer's disease: The most common type of dementia. It is thought to be caused by a buildup of abnormal proteins in and around the brain, which damage brain cells. It is a progressive condition that begins with mild memory loss and, over time, affects the ability to speak and behave normally.

Vascular dementia: The second most common type of dementia. This is when there is poor or reduced blood circulation to the brain. This damages brain cells, leading to issues such as a decline in memory and thinking, and changed behavior.

Lewy Body dementia: This is triggered by abnormal proteins known as Lewy bodies, which show up in the brain. These proteins affect the brain chemicals, leading to problems with thinking, movement, and behavior. They might also bring about visual hallucinations, which can start happening early in the disease.

Frontotemporal dementia: A less common type of dementia. It describes a group of brain diseases caused by progressive nerve cell loss in the front and sides of the brain.

Signs & Symptoms of Dementia



Here are some common symptoms people with dementia may express:

- Language and communication problems
- Repetitive behaviors
- Confusion and disorientation
- Trouble performing tasks
- Decreased or poor judgment
- Short-term memory

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Risk Factors Associated with Dementia

Risk factors that are commonly associated with dementia include:

- Older age
- Genetics
- Smoking and alcohol use
- Diabetes
- Poor diet and nutrition
- Physical inactivity



Is Dementia Preventable?

It's important to know that dementia can't be completely prevented. However, research shows that making healthy lifestyle choices can lower your chances of getting dementia as you get older. Some of these healthy choices include:

Physical exercise. Studies have shown that regular physical activity, especially aerobic and strength-building activities, is good for your brain and is linked to lowering the risk of developing dementia.



Maintain a healthy diet. A diet that contains fruits, vegetables, whole grains, and other healthy options supports brain function, prevents obesity, and regulates blood sugar levels, all of which aid in lowering dementia risk.

Managing stress. Stress takes a tremendous toll on your body. Chronic stress has been proven to increase your chances of developing dementia. Consider stress-reducing practices like meditation and yoga.

Remember, dementia can be a life-changing disease to battle. If you see any of the risk factors in yourself, try adding some healthy habits like exercising and eating well. Dementia isn't considered a natural part of aging, and making healthier lifestyle choices can help lower your chances of getting it.