

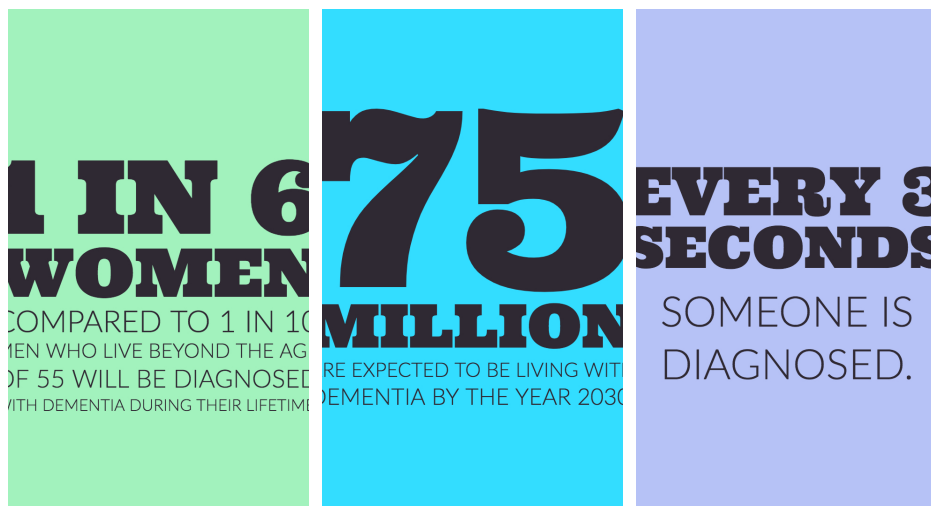
A close-up photograph of a hand placing a single red puzzle piece into a larger assembly of grey puzzle pieces. The background is dark and out of focus, emphasizing the hand and the puzzle pieces. Two horizontal red lines are positioned above and below the main text.

Dementia Care Starts Here.

[Explore to learn more.](#)

You are not alone.

An estimated 6 million people in the U.S. alone and approximately 47.5 million world wide are living with dementia. This number is only expected to grow as the average life expectancy increases.



Recognize the early warning signs if you

believe you or a loved
one is at risk.

Watch the following video, courtesy of
Lee Health, for information regarding
the early signs of dementia.



<https://www.youtube.com/watch?v=mW3-q1C1rEc>

Relax. We have the
answers to your most
pressing questions.

“What is dementia and what does it mean for me and my loved ones?”

Dementia is an umbrella term used to describe a type of brain disease known as a “neurocognitive disorder”. Neurocognitive disorders impair and ultimately inhibit the brain’s mental state and general functioning. This can make simple daily tasks appear quite challenging. Recalling memories grows increasingly difficult, the ability to think clearly isn’t quite what it used to be, but in addition to this, lesser known issues may arise that deal with motivation, communicating, and properly processing and expressing emotions. Eventually with the loss of sufficient neurons (or brain cells) one becomes totally dependent on their caregiver as they lose the ability to feed, dress, and care for themselves.

“What symptoms should I look out for?”

Symptoms vary depending upon type as well as stage of progression of the disease. Generally, in its early stages, dementia may manifest itself as being quite mild and could be mistakenly attributed to mere age-related cognitive decline. In its later stages however, dementia ransacks the mind, leaving the afflicted with severe mood swings, irritability, general behavioral issues, inappropriate

language, extreme memory loss, loss of focus, disconnection from the outside world, loss of muscle use (particular in swallowing capabilities), and inevitably, the inability to care for themselves resulting in a complete dependency on others.

“Isn't dementia a normal part of aging that everyone gets if they live long enough?”

Absolutely not. Dementia is a disease that some are more susceptible to than others, depending on certain factors such as family history, a history of being a smoker, having uncontrolled diabetes and/or uncontrolled hypertension, to name a few. A dementia diagnosis signifies that the brain is aging at a faster rate than what should typically be expected. Despite being atypical, nearly half of all seniors over the age of 85 have some form of dementia.

“Is there a cure?”

Unfortunately, no. There are medications being studied which may be able to slow or inhibit the progression of the disease, but they are subject to specific forms and their overall benefit have yet to be proven. These medications are too far and few between to provide a real viable

solution at the moment. In short, more research needs to be done on the subject.

“ So, dementia is basically a death sentence?

If left untreated, dementia related complications will certainly result in death. That being said, early detection and intervention are key to managing the disease. The goal following a dementia diagnosis is to increase the quality of life for the patient. In doing so, the progression of the disease may be substantially diminished. So, you can breathe a nice heavy sigh of relief.

“ What are some ways I can manage my or my loved one's dementia?

Management is crucial and there are different ways you can go about doing so. Taking an individualized approach may be best, depending on the stage of the disease and the current cognitive abilities of the you or your loved one. This may include: learning a new skill, staying active in the community, spending lots of time with loved ones, brain training/memory tools, developing a structuralized routine, eating a well balanced diet, eliminating or limiting alcohol

consumption, and getting pIConsult with your doctor for more information.

“ I don't have the disease but I'm afraid I might someday be at risk. Are there any preventative means I can take?

Of course. Early prevention decreases the risk of ever developing the disease. Some preventative methods include consistently challenging your brain in order to keep it functioning optimally through learning a new skill, reading, and doing crossword puzzles t name a few. Proper diet and exercise, sufficient sleep, community involvement, volunteer work, dedicating plenty of time to friends and family, and consulting with your doctor are also great choices you can make to lower your risk and help you to live a long, happy, fulfilling life.

Consider joining an online support group.

Whether you're a recently diagnosed patient or a caregiver, its important to

reach out to others who know exactly
what you're going through.

Support groups

Lastly, consult with your
doctor and talk to your
loved ones

because you shouldn't have to walk
this journey alone.



[Learn more](#)

[Additional resources](#)



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