

Dementia- how to spot it and prevent it!

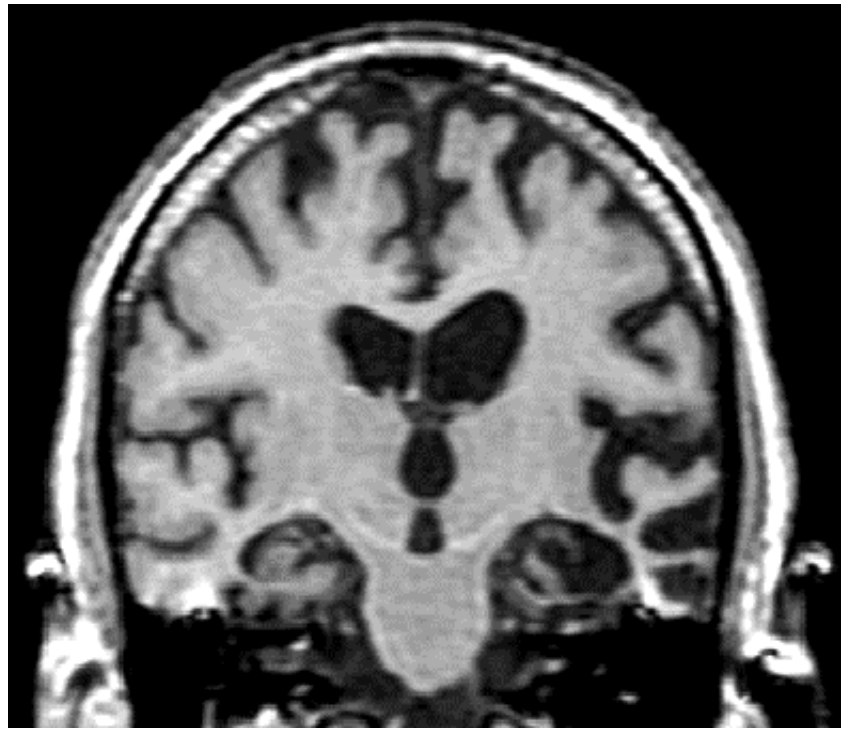
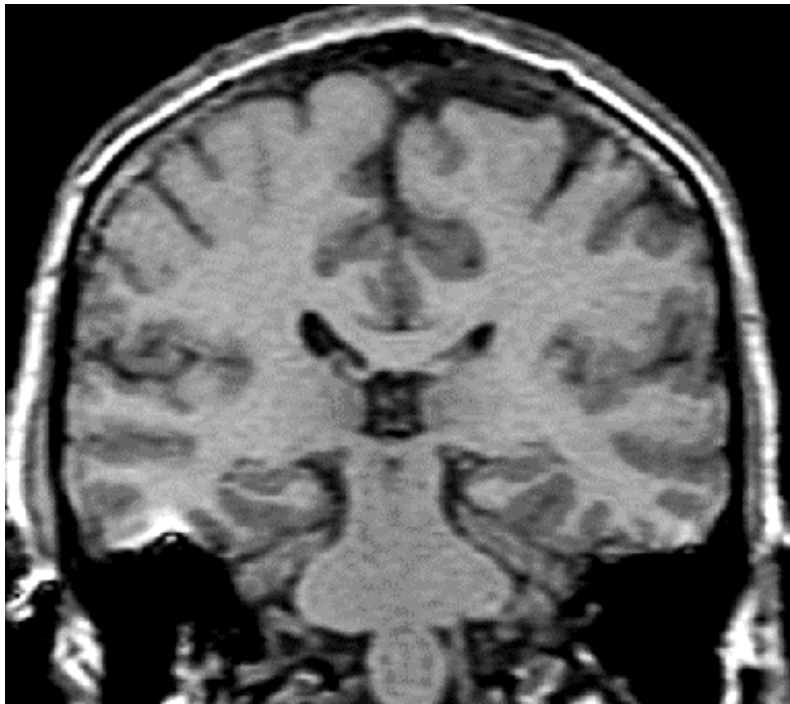
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Dementia

- Decline in memory
- Decline in other cognitive abilities, e.g:
 - planning
 - organising
 - problem solving
- change in emotion, personality or behaviour



Memory

early	middle	late
<ul style="list-style-type: none">•Mild disorientation•Impaired recall for recent events	<ul style="list-style-type: none">•disorientation in familiar places•Problems remembering relatives' names and own address	<ul style="list-style-type: none">•Most memory lost•Vague memory of important events

General function

early	middle	late
<ul style="list-style-type: none">•Some problems at work/hobbies	<ul style="list-style-type: none">•Withdraws from situations•Cannot work•Gets lost•Problems dressing and washing	<ul style="list-style-type: none">•Social indifference•Incontinent•Aimless wandering•Needs 24/7 supervision

Mood and behaviour

early	middle	late
<ul style="list-style-type: none">•Mild anxiety•Problems with abstract thinking•Reduced initiation	<ul style="list-style-type: none">•Changes in personality•anxiety•Hallucinations•delusions•Aggression	<ul style="list-style-type: none">•Psychosis•Agitation +/- apathy

Language

early	middle	late
<ul style="list-style-type: none">•Word finding difficulty•Mild impairment of conversation•Themes repeated	<ul style="list-style-type: none">•Reduced conversation•Decreased comprehension•Verbal repetitiveness	<ul style="list-style-type: none">•Jargon•mutism

Dementia

How common is it?

- 6% of individuals over 65¹
- 20% of individuals over 80
- 700,000 cases in UK²

Dementia- common causes

- Alzheimer's disease 50%
- Vascular dementia 20%
- Mixed Alzheimer/vascular 20%
- Lewy body dementia 5%

Known risk factors

- **Age**
 - The greatest known risk factor
 - The likelihood doubles about every five years after 65

Known risk factors

- **Family history**
 - Determinant genes
 - Pre-senilin and APP genes
 - Clustering in families

Known risk factors

- **Heart disease**

- 20 to 25 percent of your blood goes to your head
- The risk of developing dementia is increased by:
 - high blood pressure,
 - stroke,
 - diabetes
 - high cholesterol
 - obesity
 - lack of exercise
 - smoking

Known risk factors

- **Head injury**
 - strong link with serious head injury
- **Intelligence/education**
 - Nerve cell connections
- **Alcohol**
 - Not too little, not too much!
- **Social isolation**

What to do.....

- Stay curious and involved
- Read, write, do crosswords or puzzles
- Attend lectures and plays
- Enroll in courses at your local adult education center
- Play games
- Garden
- Try memory exercises

What to do.....

- Do some physical exercise
- Stay socially active
- Do not smoke
- Avoid excess alcohol
- Avoid head injury

What to do.....

- **Watch your body weight**
 - A long-term study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life.
 - Those who also had high cholesterol and high blood pressure had six times the risk of dementia.
- **Reduce your intake of foods high in fat and cholesterol.**
 - high intake of saturated fat and cholesterol clogs the arteries is associated with higher risk for Alzheimer's disease.

What to do.....

- **Increase your intake of protective foods.**
 - certain foods *may* reduce the risk of dementia
 - Foods high in anti-oxidants: dark-skinned fruits and vegetables (eg spinach, brussels sprouts, broccoli, beetroot, prunes, blueberries, blackberries)
 - Foods high in omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.

What to do.....

- Above all

ENJOY LIFE!