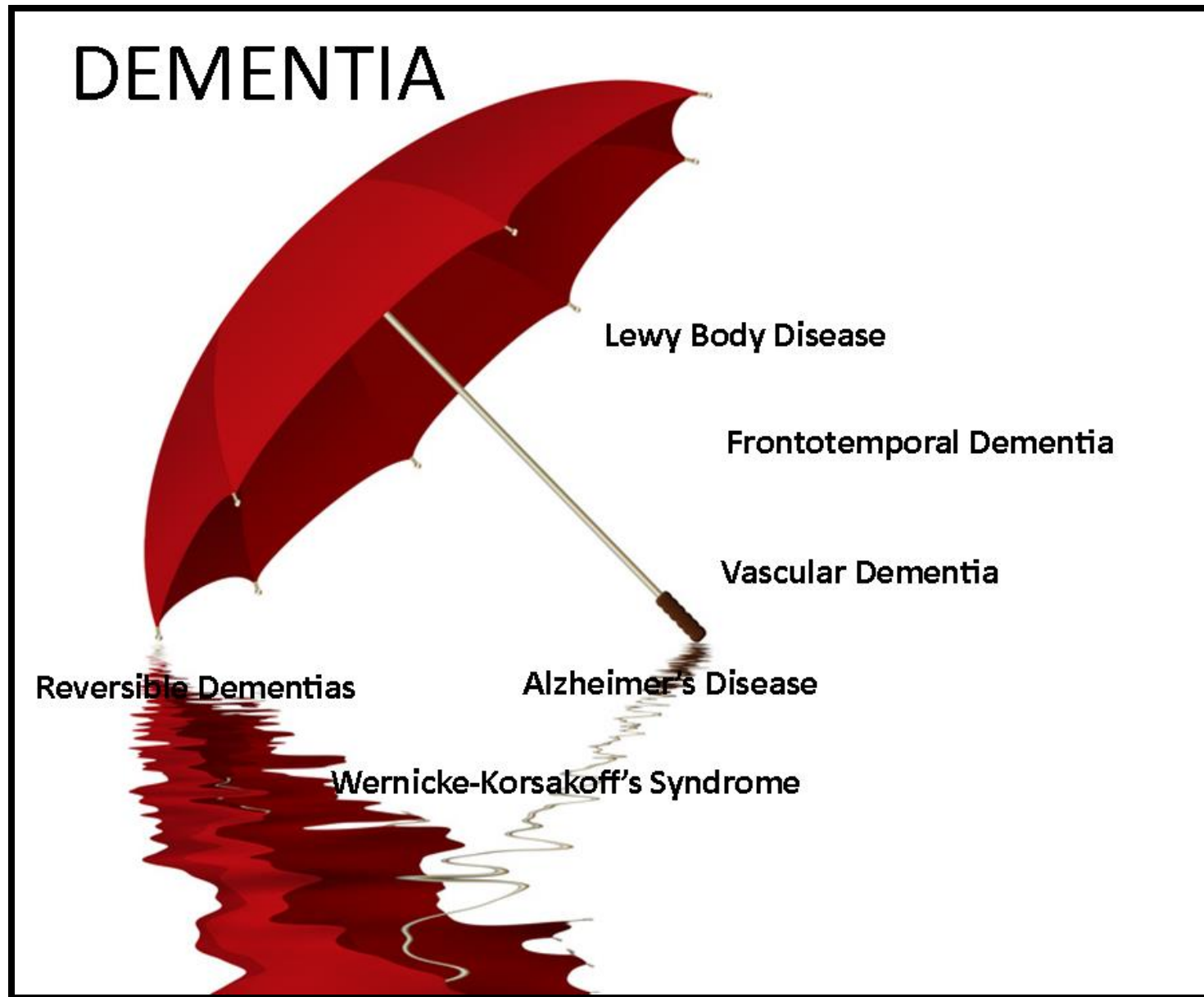


# Dementia Overview

Amanda Mosier, CDP, CDCM, SSD, AD, PAC trainer



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Dementia is an umbrella term for a collection of symptoms.

Dementia is not a formal diagnosis.

It is best to investigate what kind of dementia a person is living with for best treatment plans.



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# Common Types of Dementia



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# Alzheimer's disease

- New information is lost
- Recent memory worsens
- Problems with word finding
- May misspeak
- Will become more impulsive and indecisive
- Gets lost
- Changes are noticeable every 6-12 months
- Typically lasts 8-12 years



Image: washingtonpost.com

Text of letter written by President Ronald Reagan announcing he has Alzheimer's disease:

"Nov. 5, 1994  
My Fellow Americans,

I have recently been told that I am one of the millions of Americans who will be afflicted with Alzheimer's Disease.

Upon learning this news, Nancy and I had to decide whether as private citizens we would keep this a private matter or whether we would make this news known in a public way.

In the past Nancy suffered from breast cancer and I had my cancer surgeries. We found through our open disclosures we were able to raise public awareness. We were happy that as a result many more people underwent testing. They were treated in early stages and able to return to normal, healthy lives.

So now, we feel it is important to share it with you. In opening our hearts, we hope this might promote greater awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it.

At the moment I feel just fine. I intend to live the remainder of the years God gives me on this earth doing the things I have always done. I will continue to share life's journey with my beloved Nancy and my family. I plan to enjoy the great outdoors and stay in touch with my friends and supporters.

Unfortunately, as Alzheimer's Disease progresses, the family often bears a heavy burden. I only wish there was some way I could spare Nancy from this painful experience. When the time comes I am confident that with your help she will face it with faith and courage.

In closing let me thank you, the American people for giving me the great honor of allowing me to serve as your President. When the Lord calls me home, whenever that may be, I will leave with the greatest love for this country of ours and eternal optimism for its future.

I now begin the journey that will lead me into the sunset of my life. I know that for America there will always be a bright dawn ahead.

Thank you, my friends. May God always bless you.

Sincerely, Ronald Reagan"

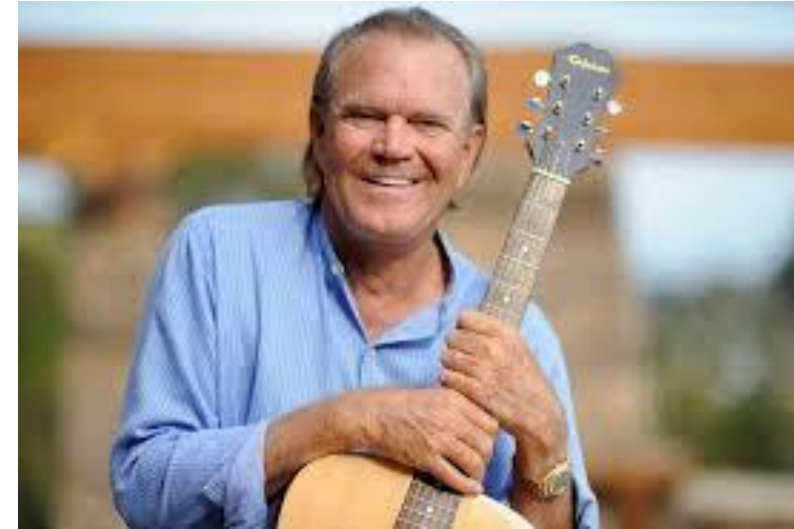


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## Vascular Dementia

- Presents with sudden changes, stepwise progression
- Often the consequence of other conditions like Diabetes or Heart Disease
- Damage is related to blood supply/not primary brain disease: treatments can plateau
- Unique to person (blood/swelling/recovery)
- May bounce back and/or have very bad days
- Judgment and behavior ‘not the same’
- Spotty loss, inconsistent (memory, mobility)
- Emotional and energetic shifts



Glen Campbell

image: thegazette.com



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# Lewy Body Dementia

- Movement problems, will fall hard and often
- Visual Hallucinations including animals, children, people
- Fine motor problems typically in hands and with swallowing
- Episodes of rigidity and/or syncope
- May have history of nightmares or insomnia
- Usually includes delusional thinking
- Fluctuations in ability, abilities really come and go
- Drug responses can be extreme and strange
  - Can become toxic, unable to move, or die
  - May have OPPOSITE and atypical reaction

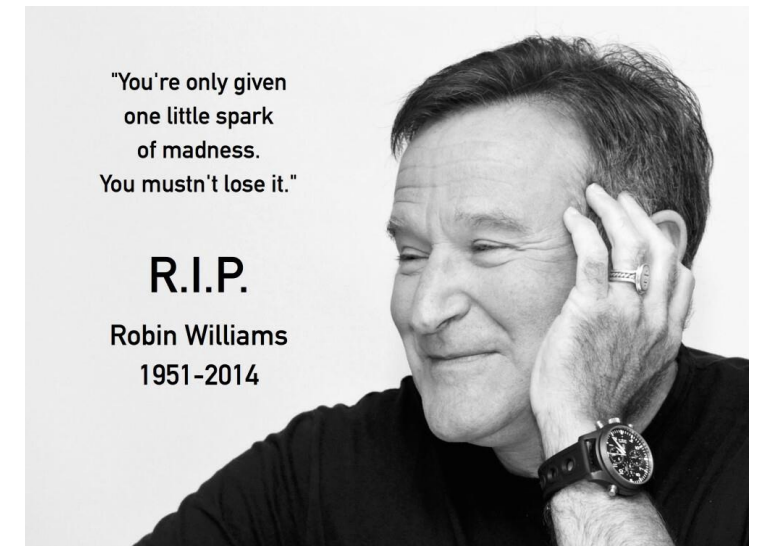


Image: <https://articles.bplans.com/robin-williams-taught-us-business-life-slideshare/>



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# Fronto-Temporal Dementias

- Many types, typically younger onset
- “Frontal” includes loss of impulse and behavior control (typically this dementia doesn’t present with memory issues)
  - Will say unexpected, rude, mean, or odd things to others
  - Has no ability to filter thought processes
  - Dis-inhibited in behavior around food, drink, sex, emotions, or actions
  - May include OCD (obsessive compulsive disorder type behaviors)
  - Hyporality
- “Temporal” includes loss of language (speech and/or comprehension)
  - Unable to word find, vague descriptions
  - Comprehension limited, unable to understand, sound fluent – nonsense words



Terry Jones; Monty Python

Image: <https://www.express.co.uk/life-style/health/854030/dementia-frontotemporal-lobe-symptoms-Terry-Jones-Alzheimers>



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# Alcohol-Drug Related Dementia

*May be called - Wernicke 's & Korsakoffs syndrome*

**Possibly caused by neurotoxicity and/or Vitamin B1 and thiamine deficiency**

## Common Symptoms:

- Decreased ability to learn 'new'
- Decreased interest in valued activities, people, life
- Impaired judgment and decision making
- Emotional lability or apathy
- Problems with balance and coordination
- Problems with social control and behaviors
- Problems with initiation & termination



Image: rehabguide.co.uk



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# Other Dementias

## Atypical dementias

- Genetic syndromes – Huntington’s Chorea
- ETOH related – Wernickes or Korsakoffs
- Drugs/toxin exposure – heavy metals, pesticides
- White matter diseases - MS
- Mass effects – tumors & NPH
- Depression and Other Mental Conditions
- Infections – BBB cross – C-J, HIV/Aids, Lyme
- Parkinson’s – 40% about 5-8 yrs in
- Progressive Supranuclear Palsy

## Mixed picture dementias

- Can have multiples
- can start with one and add another
- Can have some symptoms – not all
- Also can have other life-long issues and then develop dementia (Down’s syndrome, Mental illness, personality disturbances, substance abuse)



# Additional Dementias

There are over 100+ forms of dementias, including 20 pediatric dementias

- Some progress very rapidly
- Some are genetic some are not
- Some are unique, some follow more traditional patterns

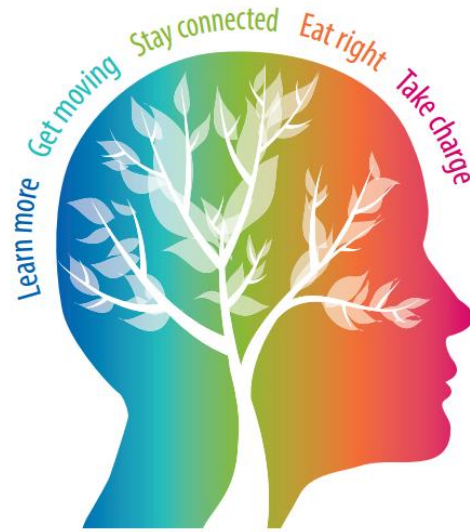


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## Brain Health considerations

- **Move** – improve circulation the body
- **Discover** – learn new things
- **Relax** – reduce stress
- **Nourish** – consider your diet
- **Connect** – Socialize

For more information, reference "**Keep Sharp: Build a Better Brain at Any Age**" by Sanjay Gupta, M.D.



## Brain Health

*You Can Make a Difference!*

Image: <https://www.bu.edu/alzresearch/brain-health-logo2/>

## Steps to take if you are noticing signs or symptoms of dementia:

- Start writing or documenting changes you are experiencing.
- Talk to your trusted family members.
- Contact your primary care physician.
- Follow up with a Neurologist or other professionals (such as mental health professionals), if suggested.
- Manage lifestyle to promote brain health.



# Questions or Comments?

**Thank you to WTIU & WFIU for creating this space for education and awareness.**



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