

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM – 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

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www.mabuhayhealthcenter.org



**Dementia
and
Psychosis**

MHC Behavioral Health



Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103



Overview of Dementia and Psychosis

Dementia and Psychosis are both broad terms that define changes in normal brain function. The first mainly deals with memory loss, where the neurons in the brain gradually stop working and maintaining connections. The second mainly deals with altered reality, where some neurons work too much and send too many signals. Both can affect each other in different ways. The risk for such illnesses increases as we age, so consulting a physician and getting early treatment is very important.

Dementia Signs and Symptoms

- Memory loss
- Increasing confusion
- Reduced concentration
- Personality/behavioral changes
- Withdrawal, apathy, depression
- Difficulty planning

Causes

- Natural aging process (65+)
- Stroke, brain tumors
- Traumatic injury to the head
- **Reversible causes:** vitamin deficiencies, depression

Treatment

- Cholinesterase inhibitors
- Prevention through low fat/sugar diet, exercise, and lifestyle changes (decrease smoking and alcohol consumption)

related to ALZHEIMER'S DISEASE

Resources

Senior Living Dementia Helpline
866-901-4858

24/7 Alzheimer's Caregiver Helpline
855-476-7600

Psychosis Signs and Symptoms

Positive Symptoms

- Hallucinations, delusions
- Bizarre behavior
- Formal thought syndrome

Negative Symptoms

- Withdrawal, apathy, anhedonia
- Attention deficits
- Limited emotional expression

Causes

- Genetics/family history
- Pre-existing mental illness
- Illicit/recreational drug use
- Stroke, brain tumors

Treatment

- Antipsychotics
- In rarer cases: tranquilization and hospitalization
- Lifelong maintenance to control number/intensity of episodes

related to SCHIZOPHRENIA

Resources

San Francisco General Hospital
Psychiatric Emergency
415-752-3778