

# Understanding Dementia

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## What is Dementia?

Dementia is not a normal part of aging. It is a condition that causes problems with memory, thinking, behavior, and daily activities. Symptoms usually get worse over time and may affect independence.

## Types of Dementia

- Alzheimer's disease – the most common type; causes gradual memory loss.
- Vascular dementia – caused by reduced blood flow to the brain (often after strokes).
- Lewy body dementia – may cause memory problems, movement issues, and visual hallucinations.
- Frontotemporal dementia – affects personality, behavior, and language first.

## Available Treatment Options

- Medications to help with memory and thinking symptoms.
- Medications to manage mood, sleep, or behavior changes.
- Cognitive therapy and memory exercises.
- Supportive care, caregiver education, and safety planning.

## Can Dementia Be Prevented?

- Control blood pressure, diabetes, and cholesterol.
- Exercise regularly (at least 30 minutes most days).
- Eat a healthy diet rich in fruits, vegetables, and whole grains.
- Stay socially and mentally active.
- Avoid smoking and limit alcohol use.