

# DEMENTIA

## CLINICAL EVALUATION:

- History: Onset, progression, risk factors
- Family history of dementia or psychiatric illness
- Medication history
- Functional Assessment: Basic ADLs and IADLs
- Examination: Vitals, neurological exam, MSE

## INITIAL LABORATORY WORKUP:

- Basic labs: CBC, electrolytes, renal and liver functions
- TSH, HbA1c, lipid profile
- Vitamin B12, folate, Vitamin D
- RPR/VDRL, HIV
- ESR, CRP

## NEUROIMAGING

- First-line: MRI brain (preferred) or CT head (if MRI unavailable)
- Assess for vascular disease, normal pressure hydrocephalus, subdural hematoma, white matter disease

## DIFFERENTIAL DIAGNOSIS

- Neurodegenerative: Alzheimer's, Lewy body dementia, frontotemporal dementia, Parkinson's dementia
- Vascular: Multi-infarct dementia, small vessel ischemic disease
- B12 deficiency, hypothyroidism, depression, medication-induced, normal pressure hydrocephalus

## ADVANCED TARGETED TESTS

- EEG
- Lumbar puncture
- CSF biomarkers: B-amyloid, tau proteins
- Genetic testing: early onset (<65), strong family history

## MANAGEMENT

- Address reversible causes
- Pharmacologic options
- Non-pharmacological: caregiver support, cognitive stimulation
- Advanced planning: discuss prognosis, driving, legal/financial planning early