

Dementia

An illness of the brain that causes progressive loss of cognitive function and memory.

What are some types of dementia?

Alzheimer's Disease	Vascular Dementia	Frontotemporal Dementia	Pseudo-dementia
The most common type of dementia – caused by the build up of plaques in the brain, Alzheimer's presents as a progressive loss of cognition with an early loss in short term memory.	A form of dementia that can be caused by a prior cerebrovascular incident (like a stroke). This can present with cognitive decline that can have sudden very rapid onsets and plateaus (like steps).	This is a type of dementia that affects the frontal and temporal lobes of the brain. A notable trait this disease is a shift in personality and a loss of inhibition.	Though given the name dementia, this more represents a form of reversible cognitive decline, memory loss, and concentration loss that can be related to a patient's mental health.

What are some treatments available to me?

Though these medications do not completely reverse dementia, patients with cognitive decline can be prescribed memantine (**Namenda**), donepezil (**Aricept**), or rivastigmine (**Exelon**) to help slow the progression of the disease. Patients with early Alzheimer's Dementia may also qualify for **Leqembi** (lecanemab), which can reduce the build-up of plaques in the brain, further decreasing cognitive decline.

What can I do to prevent dementia?

Exercise Regularly	Stay Active Socially	Manage Your Blood Pressure	Eat Healthy	Sleep Well
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