



# Dementia

GTH: GATEWAY TO HOPE

# What is Dementia?

- A decline in cognitive functioning severe enough to interfere with daily life
- It is a group of symptoms caused by conditions that have damaged an individual's brain

# Know the Symptoms

- Memory loss affects daily life
- Losing conversation threads
- Difficulty doing familiar tasks
- Cognitive confusion
- Regular mood swings
- Increased irritability
- Low interest in hobbies
- Emotionally flat
- Less sociable

# Types of Dementia

- **Alzheimer's Disease (AD)**
  - Proteins inside the brain's cells form abnormal bundles that cause neurons to stop functioning and die
- **Vascular Disease**
  - Damaged vessels supplying blood to the brain deprive neurons of nutrients and oxygen needed to function

# Types of Dementia

- **Lewy Body Disease (LBD)**
  - Proteins accumulate inside neurons causing cells to become impaired
- **Frontotemporal Dementia (FTD)**
  - Atrophy or shrinking in the frontal and temporal lobes of the brain

# Treatments and Support

- **Pharmacotherapy**

- Boost the brain's levels of ACh and glutamate for mood swings and disruptive or aggressive behaviors

- **Cognitive Stimulation Therapy**

- Non-invasive intervention focusing on strengthening cognitive functions and improving memory and problem-solving skills

# Treatments and Support

- **Palliative Care**

- The goal of palliative care is not to cure the disease but to improve the quality of life in mind and spirit