


Dementia: an Umbrella Term


If you have Alzheimer's, you have dementia.

However, all dementia is not caused by Alzheimer's.




4

A Correct Diagnosis is Critical



Prognosis and treatment may vary depending upon the cause of the dementia!




5

Diagnosis:

We expect a diagnosis to tell us what we can do...

the act of identifying a disease, illness, or problem by examining someone or something

a statement or conclusion that describes the reason for a disease, illness, or problem




6

Diagnosis of Dementia:

Decline significant enough to interfere with daily life including memory loss and problems with at least one of:

- Communication
- Focusing / paying attention
- Reasoning / judgment
- Visual perception


<http://www.alz.org/what-is-dementia.asp>




7

Mild Cognitive Impairment

- Changes in cognition, but not serious enough to affect daily life
- Amnestic and non-amnestic
- “Increased risk” of dementia




https://www.alz.org/professionals_and_researchers_13518.asp



8

Top Causes of Dementia


- Alzheimer’s disease
- Vascular dementia
- Dementia with Lewy Bodies
- Parkinson’s Disease Dementia
- FTD (bvFTD and PPA)
- “Mixed Dementia” - combination



9

Alzheimer's Disease



- Number 1 Cause of Dementia
- Progressive and Fatal, Gradual
- It's More Than Just Forgetting
- Not Necessarily Hereditary
- "Alzheimer's Disease and Related Disorders Association"



10

Alzheimer's


Memory loss **USUALLY** the first symptom
Most of the time it is after age 65



11

Alzheimer's


Ten Signs – any can be the first
Sometimes the first symptoms go unnoticed due to shame / stigma



12

The Ten Signs


1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty in completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images & spatial relationships



13

The Ten Signs



6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality



14

Alzheimer's

- Two thirds are women
- Compared to Caucasians:
 - African Americans have twice the risk
 - Latinos have 1.5 times the risk



15

Alzheimer's Treatment

Education of caregivers and families may be the most effective way to improve quality of life



16

Not Told? Or "Can't Hear it?"

Only 45% of people with Alzheimer's / their caregivers report **BEING TOLD** that they have Alzheimer's.



17

Young Onset Alzheimer's


- Diagnosed under age 65
- About 5% of Alzheimer's
- "Still Alice"
- Familial accounts for 1% of Alzheimer's



18

Vascular Dementia

- Number 2 Cause
- “Vascular Cognitive Impairment”
- Cardiovascular issues are wreaking havoc on our health




Alzheimer's Association

19

Vascular Dementia

Most commonly after a stroke / ministroke (transient ischemic attack)
Not generally “progressive”
May be gradual vascular damage over time
Can sneak up on you



Alzheimer's Association

20

Vascular Dementia

Confusion / disorientation post-stroke
Severe depression is much more prevalent than with Alzheimer's

Alzheimer's Association

21

Dementia with Lewy Bodies

Typically over 50 years of age
"Related to" Parkinson's, so movement is affected
Diagnosed within one year of Parkinson's



Dr. Frederich Lewy

<http://www.alz.org/dementia/dementia-with-lewy-bodies-symptoms.asp>



22

Dementia with Lewy Bodies

"Lewy Bodies" consist of alpha-synuclein protein
Lewy Bodies also found in other brain disorders



23

DLB Symptoms / Issues

- Changes in thinking and reasoning
- Confusion and alertness
 - May vary significantly hour to hour / day to day
- Parkinson's symptoms
 - hunched posture, balance problems and rigid muscles
- Visual hallucinations / Delusions



24

DLB Symptoms / Issues

- Trouble interpreting visual information
- Acting out dreams, sometimes violently, a problem known as rapid eye movement (REM) sleep disorder
- Autonomic nervous system issues
 - blood pressure drop on standing
 - dizziness / falls
 - urinary incontinence



25

DLB Symptoms / Issues

Memory loss that may be significant but less prominent than in Alzheimer's



26

Dementia with Lewy Bodies

Sleep / Hallucinations



27

Parkinson's Disease Dementia

1 million Americans with Parkinson's
Average age is 62
50-80% get dementia
Follows a Parkinson's diagnosis by at least 1 year (average is 10 years)

<http://www.alz.org/dementia/parkinsons-disease-symptoms.asp>
<http://www.parkinson.org/understanding-parkinsons/what-is-parkinsons/young-onset-parkinsons>



28

Parkinson's Disease Dementia

The diagnosis is DLB when:
Dementia symptoms consistent with DLB develop first.
When both dementia symptoms and movement symptoms are present at the time of diagnosis.
When dementia symptoms appear within one year after movement symptoms.

The diagnosis is Parkinson's disease dementia when a person is originally diagnosed with Parkinson's based on movement symptoms, and dementia symptoms don't appear until a year or more later.



29

PDD vs. DLB

Parkinson's Disease Dementia

Parkinson's precedes dementia by over a year...

Dementia with Lewy Bodies

Dementia comes sooner...

"USUALLY"....



30

Frontotemporal Dementia

- Pick's disease
- Most commonly 45 to 65 years of age
- Three manifestations...



<http://www.alz.org/dementia/fronto-temporal-dementia-ftd-symptoms.asp>

ALZWEBINARS.ORG

31

Frontotemporal Dementia

Behavioral Variant - bvFTD (more common)

PPA (Primary Progressive Aphasia)

Motor / Movement

- ALS (Lou Gehrig's disease)
- Corticobasal Syndrome
- Progressive Supranuclear Palsy

ALZWEBINARS.ORG

32

bvFTD

Younger than in Alzheimer's

Changes in

- Personality
- Conduct
- Interpersonal relationships
- Judgment
- Empathy
- Foresight

ALZWEBINARS.ORG

33

Primary Progressive Aphasia

Language Skills

- Speaking
- Writing
- Comprehension



34

“Most Usual” Hallmarks

- Alzheimer's – memory
- Vascular – stroke / confusion
- Lewy Bodies – sleep / hallucinations
- Parkinson's Disease Dementia – Parkinson's
- FTD – behavior / communication



35

Caregiving Strategies

- Reality Orientation – DON'T DO IT!
- Don't Argue
- Think first of:
 - Pain / physical discomfort
 - Anxiety



36

Resources

Helpline: 800.272.3900
ALZ.org
ALZConnected
ALZ.org/LEARN

alzheimer's association

Resources

ALZNavigator
ALZWebinars.org
ALZPhonePrograms.org

alzheimer's association

Thank You

Helpline: 800.272.3900
www.alz.org

alzheimer's association
