

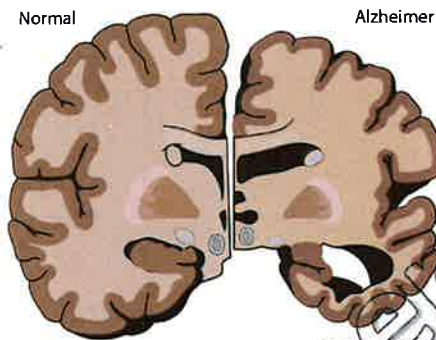
## Dementia – Most Common Types



### Alzheimer's

Most common, accounts for more than half of all cases of dementia.

- Progressively causes damage and destroys brain cells and their connections. As more brain cells fail to work properly it results in decline of mental powers.
- It effects the Temporal lobe of the brain and particularly in the early stage affects the area which controls memory.



- Mainly affects people over 70 years
- If there is a family history, 1 in 20 people have the chance of developing Alzheimer's
- If there is no family history the figure changes to 1 in 50
- Early onset – is most often genetically inherited

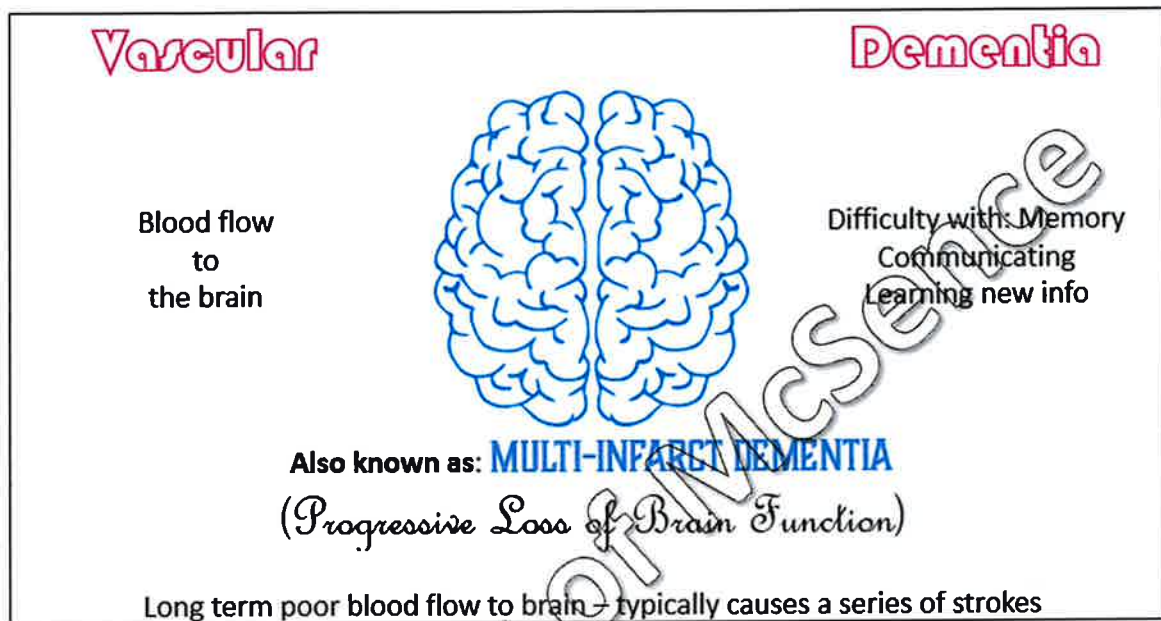
### Alzheimer's Symptoms



## Vascular Dementia

Second most common type of dementia

Vascular dementia is a progressive loss of brain function – section of brain starved of oxygen.



- The blood supply to the brain is interrupted resulting in damage.
- Includes multi- infarct dementia. Where tiny strokes (infarcts) cut off the blood supply to certain areas of the brain and the brain cells die. Also, Transient Ischemic Attacks (TIAs) where there is a temporary interruption of blood flow to the brain.

### Lewy Body

Quite often beings as vague neurological problems which can be are similar to Parkinson's disease.

Protein deposits found in nerve cells) move to other parts of brain leaving deposits and clogging cells.

#### Results in: -

- Cognitive problems and memory loss
- Muscle rigidity and stiffness - mask-like face.
- Swallowing and speech difficulties
- Visual Hallucinations – seeing things which are not there
- Behavioural Symptoms - hypersensitive to drugs used to treat and control behaviour
- Slowness of movement
- Prone to fainting or unexplained falls
- Parkinsons like features and symptoms


**Approx. 15-30% of people with Parkinson's Disease will go on to develop a dementia similar to Lewy body.**

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## Wernicke-Korsakoff's Syndrome

More commonly known as Korsakoff is a chronic memory disorder caused by severe thiamine deficiency, often due to alcohol misuse.


**Who Develops Korsakoff Syndrome**



Nine out of 10 alcoholics will eventually develop Korsakoff syndrome.

**Vitamin B**

Lack of vitamin B1 is the direct cause of Korsakoff syndrome, which contributes to cerebral atrophy



Lack of (Vitamin B1) which affects the brain and nervous system.

Lack of thiamine is common in people who drink alcohol heavily and because of their poor eating habits or frequent vomiting, essential vitamins (thiamine) is not absorbed.

### Signs & Symptoms

- Short-term memory loss
- Difficulty understanding new information
- Lack of insight into their memory loss
- Apathy or repetitive behaviour
- Confabulation, they fill in the gaps in their memory with elaborate fantasies

**Symptoms can be reversed if alcohol is reduced or stopped.**

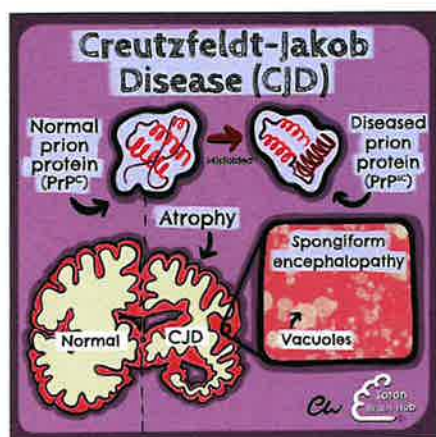
## Creutzfeldt Jakob Disease (CJD): Sporadic (or classical) CJD

Mainly affects the over 50s and has a sudden onset. The course of the disease is measured in months.

### Variant CJD

CJD is caused by an abnormally shaped protein, called 'prion' which infects the brain. It is not known what causes prions to build up in the brain.

Is caused by exposure BSE and typically affects younger people.



#### 4 Causes: -

1. Abnormal infectious protein called prions build up in brain – cause nerve damage
2. Consumed infected meat (BSE - mad cow disease)
3. Can be inherited from parents (very rare)
4. Spread via infected medical / surgical equipment

#### Signs & Symptoms

- Loss of intellect & memory
- Changes in personality – mood changes, loss of interest, feeling muddled
- Lose ability to speak or move, jerking movement
- Loss of balance & co-ordination – unsteady walking, clumsiness,
- Slow or slurred speech
- Visual issues – blurred eyesight

**CJD IS RARE, RAPID & FATAL CONDITION**

Most people die within 1 year of diagnosis

**HIV Associated Neurocognitive Disorder (HAND) - HIV and AIDS related Dementia -**

AIDS related dementia is a mental decline caused by HIV infection and occurs most often in the advanced stages of AIDS.

**It tends to be a milder cognitive impairment which affects: –**

- Concentration
- Memory
- Ability to plan, organise & make decisions

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