I have dementia what do I do now?

Don’t panic… there is lots of help available. You can start with finding resources and help online at the Alzheimer’s Association website [www.alz.org](http://www.alz.org) or by calling the 24/7 helpline at 1-800-272-3900.

Ryan Kemp
HLTHST 410, Health and Aging
Faculty Supervisor: Carolyn Templeton
Department of Community and Environmental Health

What can I do to prevent it?

Live an active life both mentally and physically.

- Get regular exercise.
- Start a puzzle instead of watching TV.
- Eat a healthy diet.
- Drink a small amount of alcohol regularly.
What is it?
Dementia is a decline in the ability to think clearly due to damage or disease. It is most often caused by Alzheimer’s Disease.

How does it affect me?
- Mild symptoms:
  Confusion and memory loss, disorientation, difficulty performing routine tasks, noticeable changes in personality, judgment, focus and attention.
- More severe symptoms:
  Difficulty performing daily tasks, increased anxiety and agitation, not sleeping well, wandering and pacing, increased difficulty with name and face recognition of family and friends.
- Most severe symptoms:
  Loss of speech, writing skills and comprehension, increase in aggressive behavior, and the loss of bladder and bowel control

Diagnosis and Treatment
Tests:
1. Blood tests
2. Imaging tests
3. Mental ability tests

Treatment:
- Can correct some forms of dementia caused by infections, and vitamin deficiencies.
- Other forms are not treatable. However you can slow the progression of it down with medicines.

Medicines:
Ask your doctor about the medicines that can slow down the progress of the disease.