



# ABCD of Dementia

## **What is dementia?**

Dementia is a progressive brain disorder more common after the age of 65. Its symptoms may include memory loss, confusion, loss in problem solving ability and change in personality.

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## **What are its causes?**

There are several causes of dementia like Alzheimer's disease, Lewy Body Disease, Vascular Disease and Frontotemporal disease.

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## **Does any kind of memory loss mean that I have dementia?**

No, changes in mental functioning especially in memory can occur due to normal aging, mild cognitive impairment, dementia and even due to mood changes. An assessment by a neurologist and neuropsychologist can confirm this.

## **Is dementia curable?**

There is no known cure for dementia. But, with guidance from a team trained in dementia care the patient and family can improve their quality of life. If a reversible cause is identified, then one can eliminate symptoms with treatment. In early stages, there may be drugs that could help slow down the progression of the disease as well as many lifestyle changes.

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## **When should I visit a doctor?**

If you or your family are consistently noticing forgetfulness or any other changes in thinking or personality it is important to visit a neurologist to identify the possible causes of this change.

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## **Why is it important to visit the doctor?**

There are many reversible causes of dementia. This means that with timely diagnosis and treatment, symptoms may improve.