



What is Dementia?

Dementia is a broad term used to describe a group of progressive neurological disorders that affect memory, thinking, and communication skills. It is a chronic condition that can cause significant impairment in daily life and requires ongoing care.

Facts about Dementia:



Dementia is not a normal part of aging. Although the risk of developing dementia increases with age, it is not a natural consequence of getting older.



Alzheimer's disease is the most common form of dementia, accounting for 60-80% of cases. Other types of dementia include vascular dementia, Lewy body dementia, and frontotemporal dementia.



Dementia affects people differently. Symptoms may include memory loss, difficulty with language and communication, changes in mood and behavior, and problems with reasoning and judgment.



Dementia is a global health challenge. Currently, over 50 million people worldwide live with dementia, and this number is projected to triple by 2050.



Dementia can have a significant impact on caregivers. Providing care for someone with dementia can be emotionally and physically challenging and can lead to caregiver burnout.

There is currently no cure for dementia. However, some medications and lifestyle changes can help manage symptoms and improve quality of life.



Prevention and early detection are crucial. Adopting a healthy lifestyle, including regular exercise, a balanced diet, and avoiding smoking and excessive alcohol consumption, may help reduce the risk of developing dementia. Early diagnosis and treatment can also help slow the progression of the disease.



Dementia research is ongoing. Scientists are continually working to better understand the causes and mechanisms of dementia, and to develop new treatments and interventions.



Dementia-friendly communities can help support those living with dementia. Creating environments that are more accessible and understanding of the needs of people with dementia can improve their quality of life and reduce stigma.



It is essential to seek support and resources. There are many organizations, support groups, and resources available to help those living with dementia and their caregivers.

To discuss how Promedica24 can help, get in touch today

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