



香港紅十字會
HONG KONG RED CROSS

Dementia



There are always misunderstandings and misperceptions about dementia. World Alzheimer's Day takes place every year on 21 September. This Health Express will introduce you the types, causes, symptoms, and prevention of dementia.



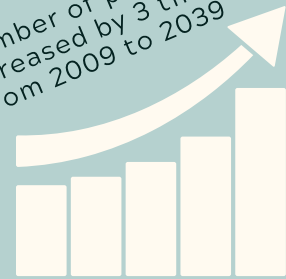
EVERY 3 SECONDS

Someone in the world develops dementia

1 in every 3 local elderly over 85 years old suffers from dementia



Number of patients increased by 3 times from 2009 to 2039



In the aging society, it is expected to have **300 thousand people** living with dementia in 2039.

Types and Causes

1. Alzheimer's disease - the most common type

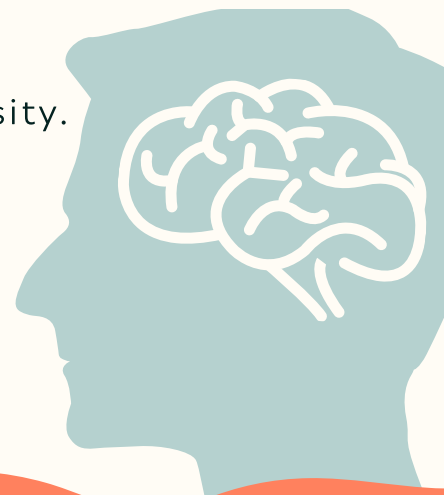
- The cause of this degenerative disease is still unknown and may be genetically related. It destroys brain cells and nerves disrupting the transmitters which carry messages in the brain.

2. Vascular dementia - the second common type

- Related to stroke, most patients have high blood pressure, diabetes, hyperlipidemia, or central obesity.

3. Other causes

- Including severe malnutrition, brain trauma, mental problems such as anxiety and depression, alcoholism, etc.



DEMENTIA IS NOT NORMAL AGING

It is a degenerative brain syndrome affecting one's **memory, thinking, behaviour and emotion**. It causes loss of memory, along with impairments in the sensory system, the person loses control over his or her impulse system, may not remember things and at the last stage, may have complete memory loss.

OCCASIONALLY FORGETTING OR LOSING YOUR WAY DOES NOT MEAN SUFFERING FROM DEMENTIA!

Under normal situation:

We occasionally forget the work to be done, but we can remember it later or when prompted



We occasionally forget to add the seasoning when we cook



Elderly living with dementia:

They forget something that happened recently, and it's hard to remember **as if things never happened**



Difficulty with cooking procedures, failure to process food in an orderly manner, mistaken steps, etc.



Prevention

1

Adopt a healthy lifestyle. Develop healthy hobbies and personal interests.

2

Keep your emotional health.

3

Keep your mind stimulated and be open to new challenges.

4

Receive regular physical examinations and cognitive tests for early diagnosis and treatment.

5

Broaden your social life and get in touch with others.

