



10 FACTS ABOUT DEMENTIA

Our Dementia Champion Lisa, gives you some insight in to this life changing illness

1 EVERY 3 MINUTES...

Every 3 minutes, someone in the UK develops dementia.

One in 3 of all babies born last year will develop dementia in the course of their lifetime.

3% of the population will have dementia by 2051.



2 NOT JUST ABOUT MEMORY LOSS...

Memory loss is a very obvious sign of dementia that we are all aware of.

Symptoms can affect individuals in a variety of ways.

Confusion, disorientation, difficulties communicating, personality changes, mood swings and even aggression can all be signs of dementia.



3 DEMENTIA IS NOT A NORMAL PART OF AGEING

Although Dementia affects mainly older people, it is not a normal part of ageing.

Dementia is a progressive condition caused by a various of brain illnesses that affect the ability to perform everyday activities.



For more information or any advice at all please pick up the phone and give us a call on 01707 830 037

4 DEMENTIA IS A PUBLIC HEALTH PRIORITY

Dementia needs to be made a public health and social care priority everywhere.

We need to be improving attitudes to and the understanding of dementia.



5 NO SINGLE TEST

No single test can be used to diagnose dementia.

Instead, doctors will conduct clinical and psychological tests, brain scans and blood tests.



6 MIXED DEMENTIA

It is common for people to have 'mixed dementia' which is the presence of two or more different types of dementia.

For example; someone may have memory impairment associated with Alzheimer's as well as motor functioning issues associated with vascular dementia or language issues associated with frontal temporal dementia.

7 YOUR HEART AND YOUR HEAD ARE CLOSELY RELATED

Developing heart disease can raise your risk of getting dementia. Other conditions also linked to a higher risk of getting dementia are: high blood pressure, high cholesterol, diabetes, poor diet and a non-active lifestyle.



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8 ALZHEIMER'S-DISCOVERED IN THE LAST CENTURY

A German doctor named Alois Alzheimer first observed Alzheimer's in 1906. He described a patient known as Auguste D, who had memory loss and other problems with thinking.

After the patient's death, Dr Alzheimer noted that part of the patient's brain was shrunken. A psychiatrist who worked with Dr Alzheimer named the condition in 1910.



9 HUMAN RIGHTS

People with dementia are frequently denied the basic rights and freedoms available to others. In many countries, physical and chemical restraints are used extensively in care homes for older people and in acute-care settings, even when regulations are in place to uphold the rights of people to freedom and choice.

10 HOW IS PARKINSON DISEASE DIFFERENT TO ALZHEIMER'S DISEASE?

There are some overlapping symptoms, but in general, Alzheimer's affects language and memory, while Parkinson's affects problem solving, speed of thinking, memory and other cognitive functions, as well as mood. Most people with Parkinson's develop dementia as a progression of their Parkinson's disease, rather than having both Parkinson's and Alzheimer's.



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