

# Dementia

Dementia is not a specific disease. It is a broad term. The term deals with remembering and thinking. It also deals with making choices. It can mess with the ability to do normal things. Alzheimer's disease is the most common type of dementia. It mostly happens in older adults. It is not a part of normal aging though.

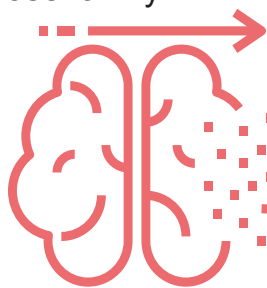
## Symptoms

Warnings can differ widely. They can differ from person to person. People may have problems with:

- Memory
- Attention
- Communication
- Thinking, judgment, and problem solving
- Visual perception

Signs can be:

- Getting lost in a known neighborhood
- Using different words to talk about known objects
- Forgetting the name of a close family member or friend
- Forgetting old memories
- Not being able to finish tasks on your own



## Causes

- **Age**  
The strongest known risk factor for it is ageing. Most cases happen to those of 65 years and older.
- **Family history**  
Those who have parents or siblings with dementia are more likely to have it.
- **Race/ethnicity**  
Older African Americans are twice more likely to have it than whites. Hispanics 1.5 times more likely to have it than whites.
- **Poor heart health**  
High blood pressure, high cholesterol, and smoking raise the risk if not treated.
- **Traumatic brain injury**  
Head injuries can raise the risk.

## Treatment

Treatment depends on the underlying cause. Neurodegenerative dementias have no cure. That includes Alzheimer's disease. There are meds that can help protect the brain. Meds can also help fix symptoms. They can help with anxiety or behavior changes. Research for more treatment is being done.

Leading a healthy lifestyle lowers chances of chronic diseases. This means working out, eating healthy, and staying social. This may lower the number of people with it.