Overview of Alzheimer's Disease and Other Dementias

Presented by:
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What is Dementia?

- A set of symptoms, which include loss of memory, understanding and judgment.

- Reversible: Drug interactions, Dietary deficiency, Infections, Tumors, Alcoholism, Hormonal dysfunction, Depression, and others...

- Irreversible: Alzheimer’s Disease, Vascular Dementia, Frontotemporal Dementia, Lewy Body Dementia and others...
What is Dementia?

- Alzheimer’s Disease
- Frontal Temporal
- Lewy Body Dementia
- Vascular Dementia
- Creutzfeldt Jakob Disease
Defining Alzheimer’s Disease

**Progressive:** the amount of damage done by the disease increases over time

**Degenerative:** the nerve cells/neurons in the brain degenerate or break down

**Irreversible:** damage caused by the disease cannot be repaired
Statistics

- 46.8 million people worldwide have Alzheimer’s disease and other dementias
- In 2011, 747,000 Canadians were living with dementia
- 1 in 11 people over 65 have Alzheimer’s Disease and other dementias
What Causes AD?
Hippocampus

- Area where the disease starts
- Formation of new memories
- Limbic system
Temporal Lobe

- Long term memory
- Language
Frontal Lobe

- Planning & organizing
- Initiation of activity
- Regulation of behaviour
- Judgment
Parietal Lobe

- Logic and analytic centre
- Spatial information
- Sequencing
- Recognition of familiar sensory information
Occipital Lobe

- Vision and depth perception
Cerebellum & Brain Stem

- **Cerebellum**
  - Voluntary movements

- **Brain Stem**
  - Involuntary movements
10 Warning Signs

1) Memory loss
2) Difficulty performing familiar tasks
3) Problems with language
4) Disorientation of time and place
5) Poor or decreased judgement
6) Problems with abstract thinking
7) Misplacing things
8) Changes in mood and behaviour
9) Changes in personality
10) Loss of initiative
Remaining Strengths

- Sense of humour
- Long term memory
- Primary motor skills
- Social abilities
- Emotional awareness & memory
- Use of senses
Risk Factors

- Age
- Family history
- Gender
- Previous head injury
- Strokes
- Diabetes
- Chronic stress
- Downs syndrome
- and others...
Reducing the Risk

- Challenge your brain
- Be socially active
- Make healthy food choices
- Be physically active
- Track your numbers
- Reduce stress
- Protect your head
Alzheimer Society of Toronto
Services and Programs

- Counselling, Support Groups, Referrals
- Education, Training, Information
- Finding Your Way
- MedicAlert ® Safely Home®
- Alzheimer Society Music Project
- First Link Program
Finding Your Way is a program designed to:

- Raise **awareness** of the risk of people with dementia going missing
- Help **prevent** missing incidents by promoting the creation of a safety plan
- Support the **safe return** of people who do go missing
Where can the program materials be accessed?

All the programs tools can be downloaded and printed from the Finding Your Way website:

www.findingyourwayontario.ca

The materials on the site are available in:
English, French, Punjabi, Chinese, Italian, Portuguese, Spanish, Tamil, Tagalog, Arabic, and Urdu
Questions?