

Overview of Alzheimer's Disease and Other Dementias

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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**

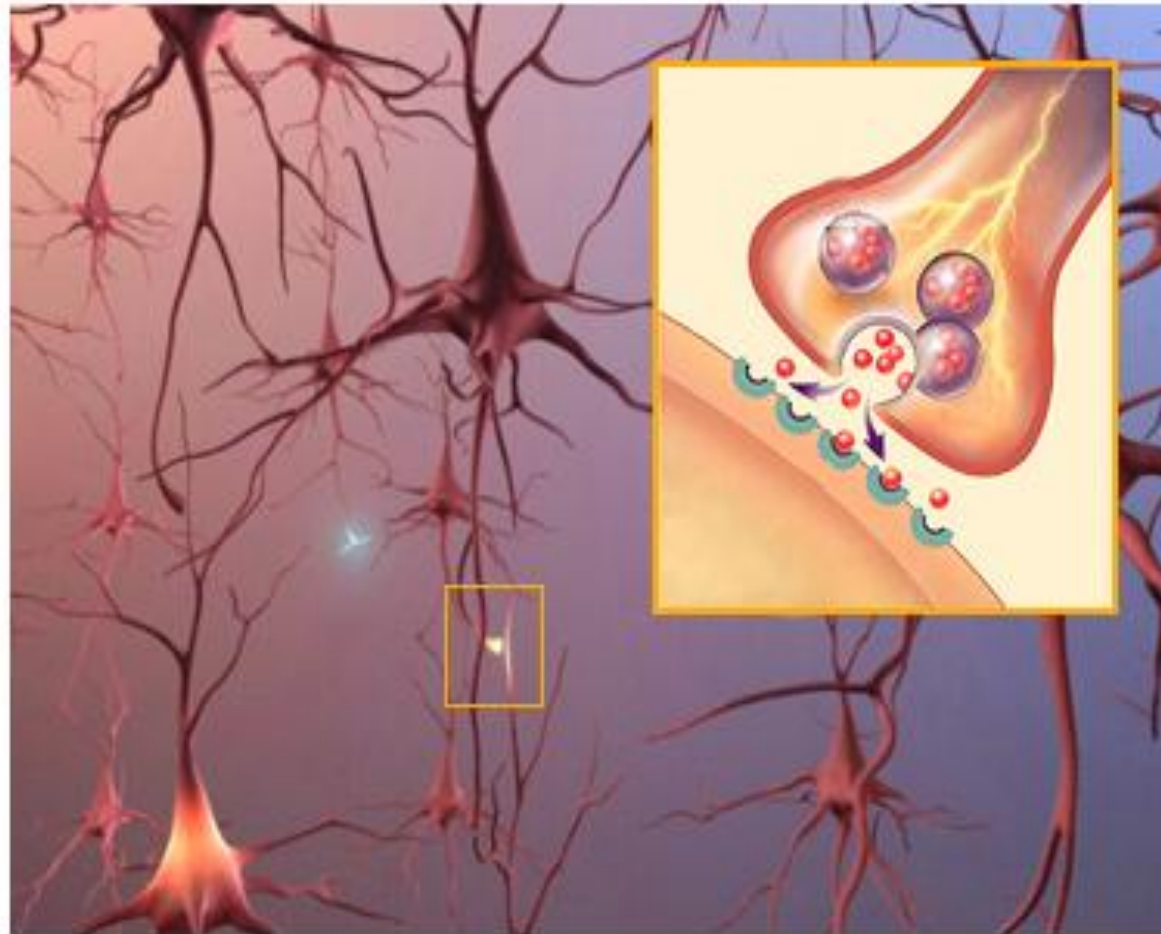
Defining Alzheimer's Disease

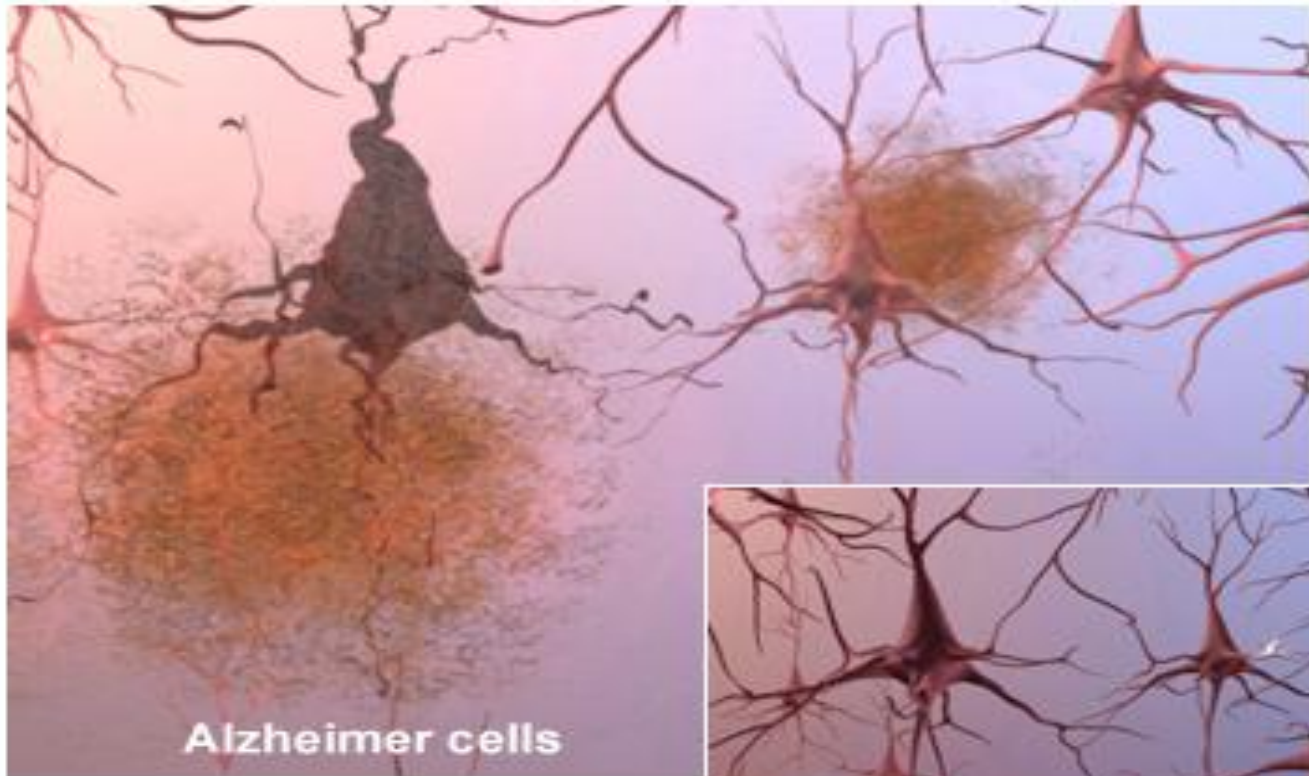
- Progressive:** the amount of damage done by the disease increases over time
- Degenerative:** the nerve cells/neurons in the brain degenerate or break down
- Irreversible:** damage caused by the disease cannot be repaired

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?



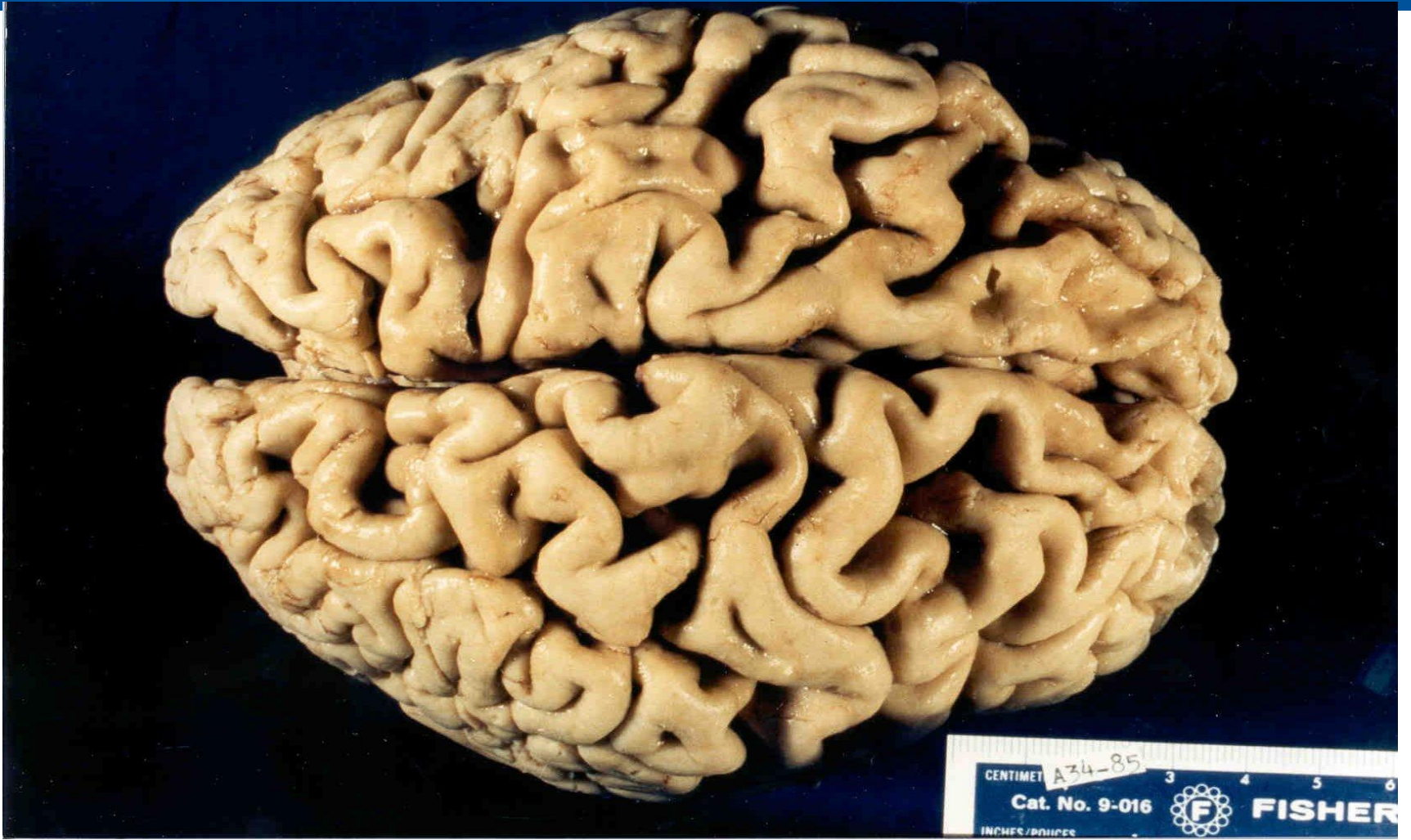


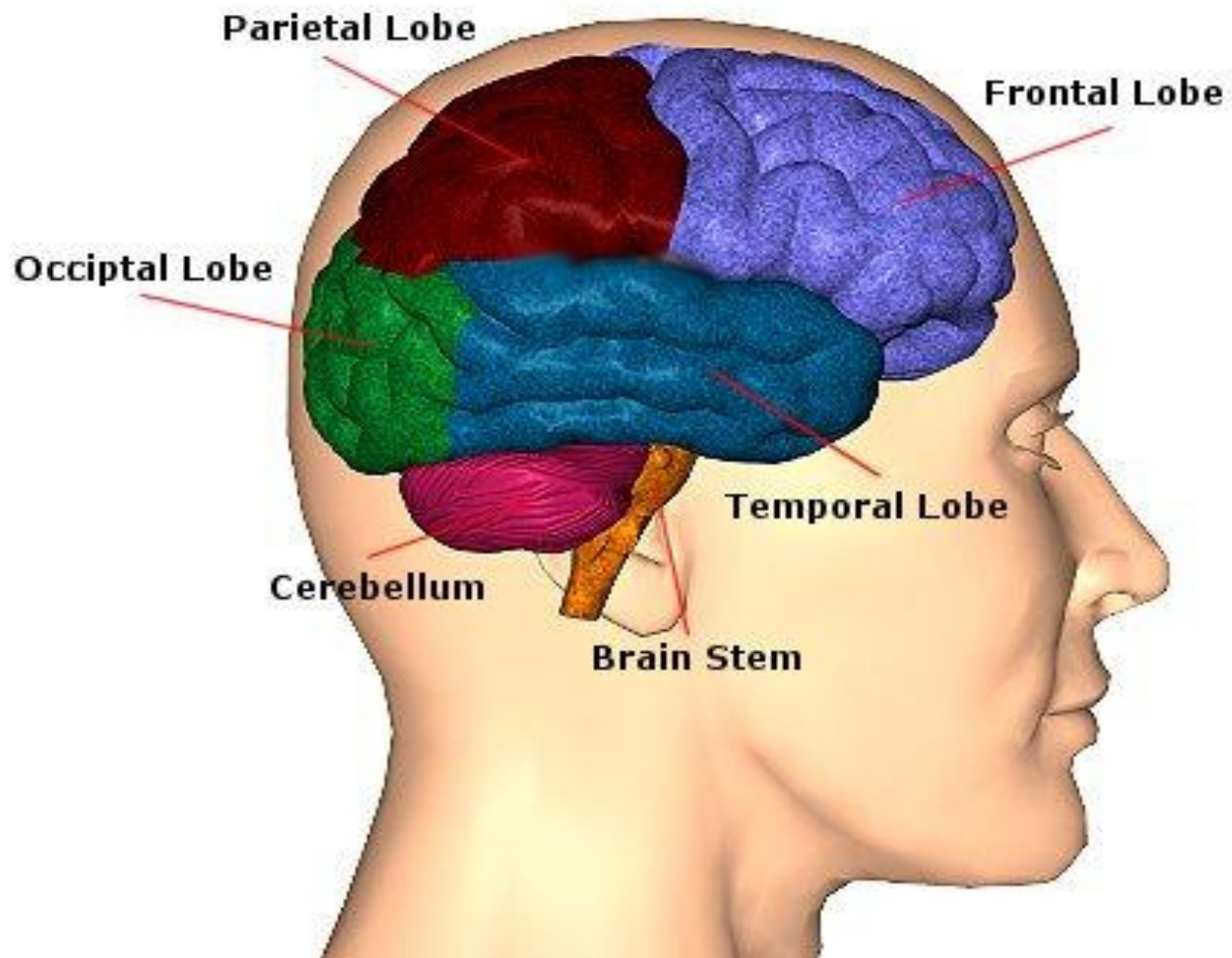
Alzheimer cells



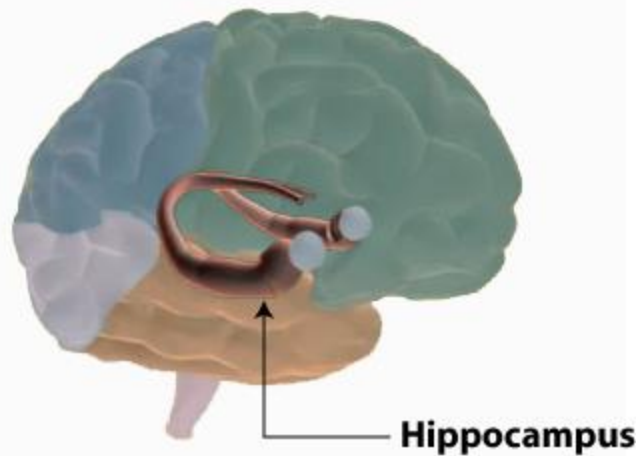
healthy cells





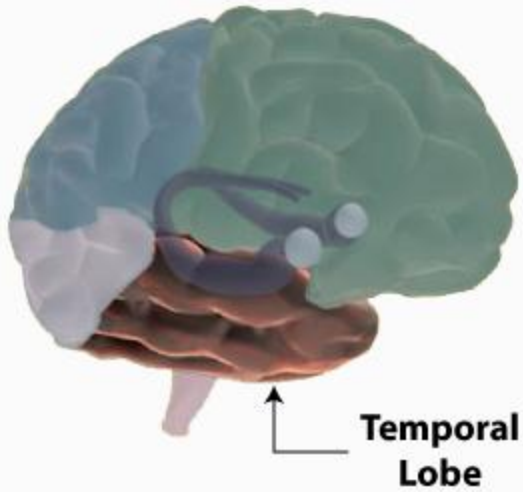


Hippocampus



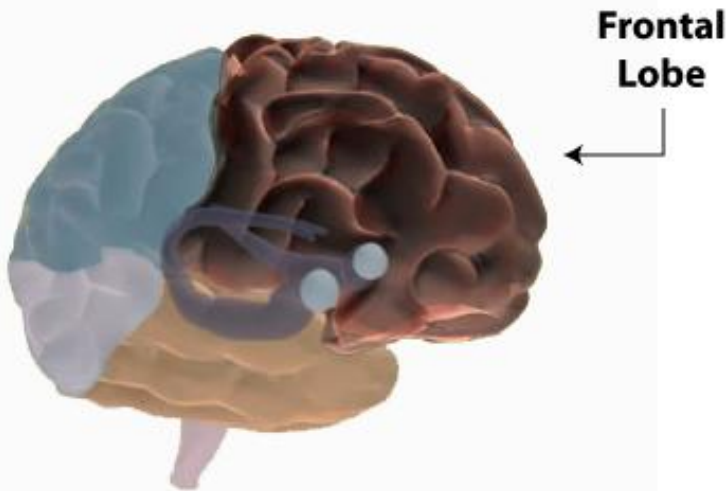
- **Area where the disease starts**
- **Formation of new memories**
- **Limbic system**

Temporal Lobe



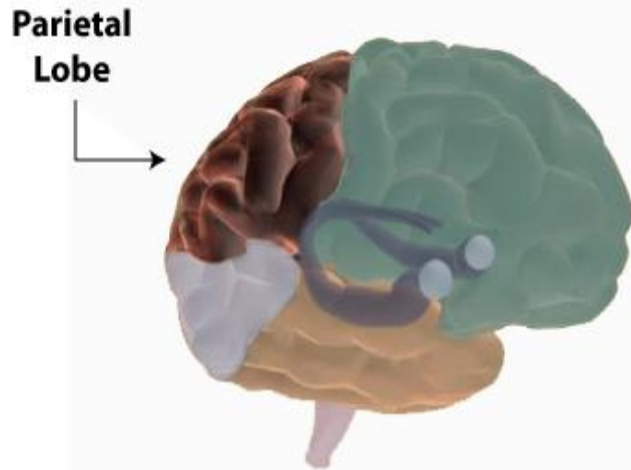
- **Long term memory**
- **Language**

Frontal Lobe



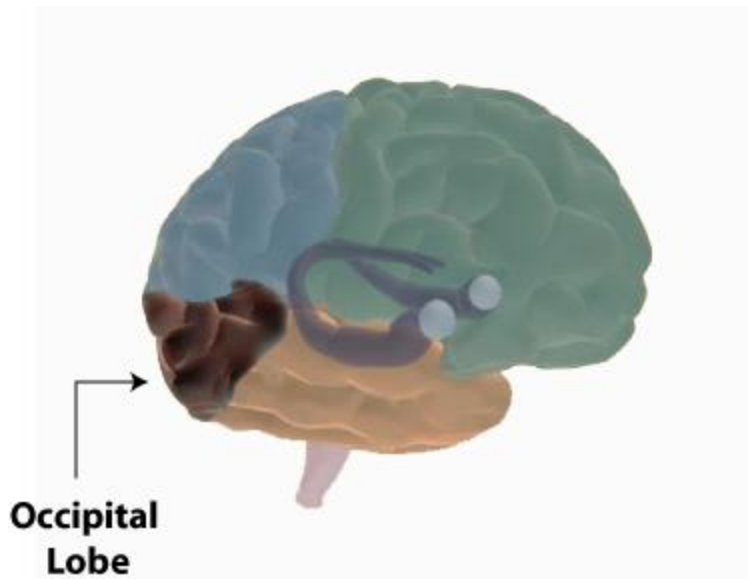
- **Planning & organizing**
- **Initiation of activity**
- **Regulation of behaviour**
- **Judgment**

Parietal Lobe



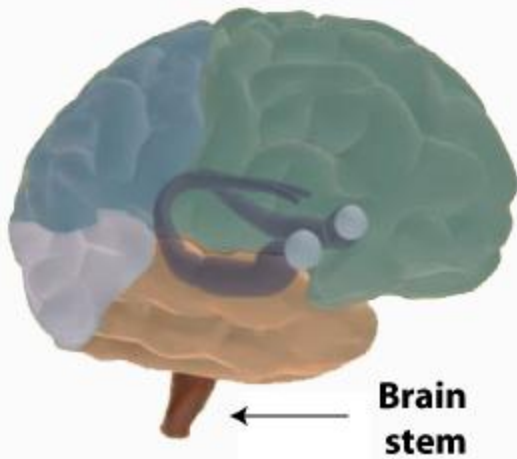
- **Logic and analytic centre**
- **Spatial information**
- **Sequencing**
- **Recognition of familiar sensory information**

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



*For people with dementia,
every step counts.*

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



FINDING Your Way

*For people with dementia,
every step counts.*

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?

