

Dementia

Dementia is a brain and neurological disorder that often affects the elderly and is caused by the failure or death of nerve cells in the brain. Other than aging, other factors can raise your risk for developing dementia, including smoking, uncontrolled diabetes, high blood pressure, drinking too much alcohol, social isolation, unhealthy diet, lack of physical activity, and a family history of dementia.

Most forms of dementia worsen gradually over time and can't be corrected. These symptoms may interfere with everyday life.

- Repeating the same story or question over and over
- Getting lost in familiar places
- Delusions or agitated behavior
- Problems with language, movements, or recognizing objects
- Memory or concentration problems
- Difficulty following directions
- Getting disoriented about time, people, and places
- Neglecting personal safety, hygiene, and nutrition

There are several cognitive, neurological, and physical tests that can help diagnose types of dementia. Some causes of dementia can be successfully treated while many other dementias cannot be effectively treated. Still, obtaining an early diagnosis can help with managing the condition and planning ahead.

