

# Dementia

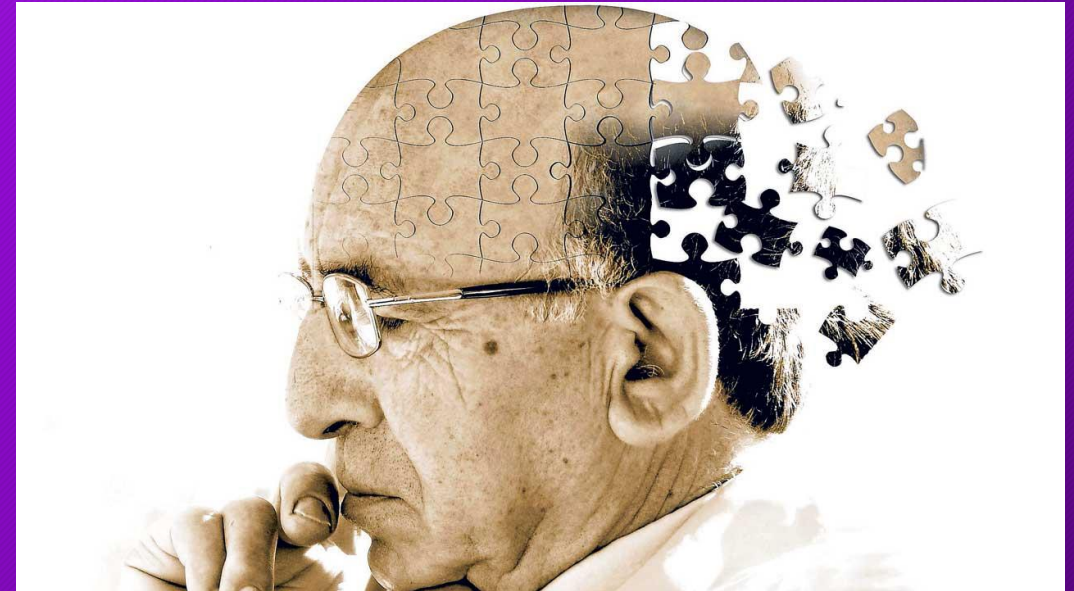
June 2018 Learn at Lunch Series Presentation

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# Topics to be covered:

- **Dementia Basics**
- **Dementia in the U.S. & the world**
- **Risk Factors**
- **Symptoms**
- **Diagnosis**
- **Treatment**
- **Caring for someone with Dementia**



Source: <https://www.theodysseyonline.com/scientific-glimpse-alzheimers-disease>

# What is Dementia?

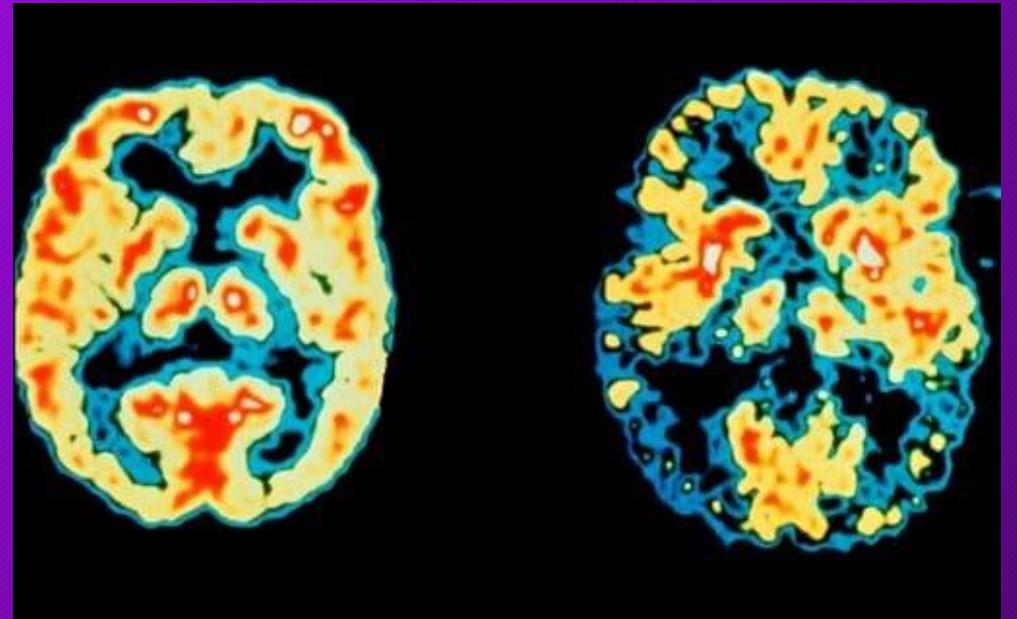
# Dementia

- **Dementia is a general term for a decline in mental ability severe enough to interfere with daily life**
- **Dementia is not a specific disease**
- **There are many medical conditions that can cause symptoms of dementia**
  - **Alzheimer's disease is the most common form**



# Dementia and the Brain

- **Damage to brain cells**
- **Interferes with the ability of the brain cells to communicate to each other**
- **Different types are associated with particular types of brain cell damage in particular regions of the brain**
- **Most changes are permanent and worsen over time**

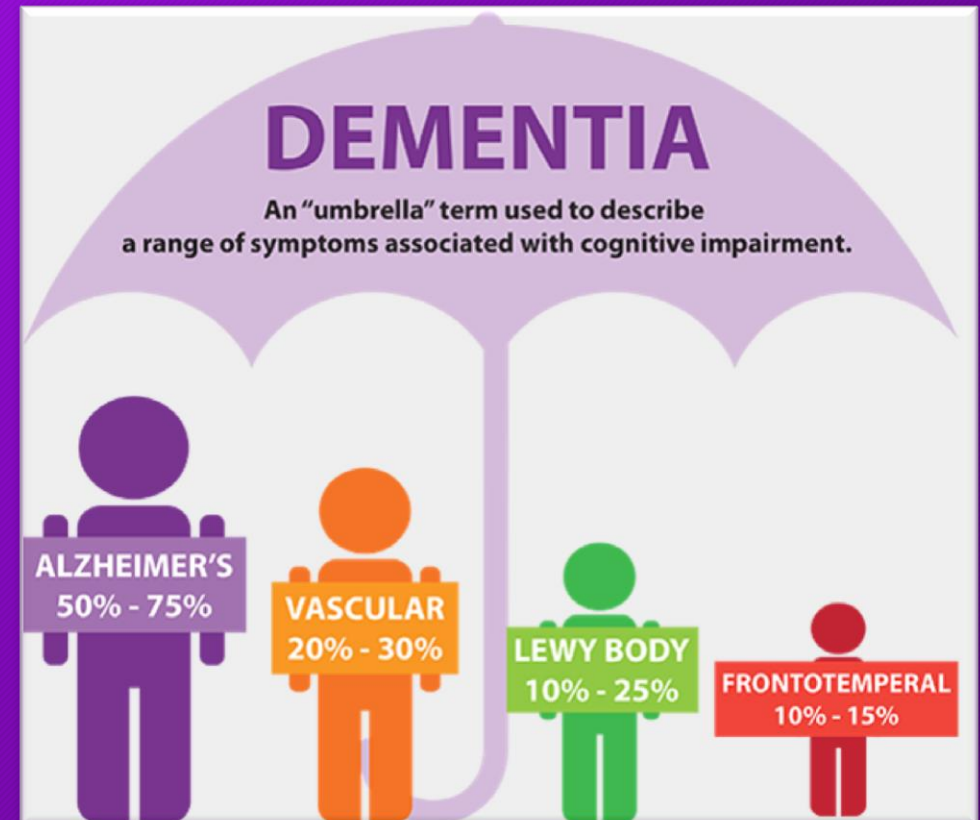


Video:

<https://www.khanacademy.org/science/health-and-medicine/mental-health/dementia-delirium-alzheimers/v/what-are-dementia-and-alzheimers>

# Types of Dementia

1. Alzheimer's disease
2. Vascular dementia
3. Dementia with Lewy bodies (DLB)
4. Mixed dementia
5. Parkinson's disease
6. Frontotemporal dementia
7. Creutzfeldt-Jakob disease
8. Normal pressure hydrocephalus
9. Huntington's disease
10. Wernicke-Korsakoff Syndrome



Source: <http://www.dfwsheridan.org/types-dementia>

# **Dementia in the U.S. & around the world**

# Who is affected?



Nearly 10 million new cases every year

One every 3 seconds

50 million people worldwide

Set to triple by 2050



Families and friends provide most of the care

Carers experience physical, emotional and financial stress

# Cost?

billion:  
costs to 2015

US\$2 trillion

2030



[http://www.who.int/mental\\_health/neurology/dementia/infographic\\_dementia/en/](http://www.who.int/mental_health/neurology/dementia/infographic_dementia/en/)



# **Dementia Risk & Prevention**

# 10 Ways to Love Your Brain:

[https://www.alz.org/brain-health/10\\_ways-to-love-your-brain.asp](https://www.alz.org/brain-health/10_ways-to-love-your-brain.asp)

## Cardiovascular

- Any damage to blood vessels can deprive brain cells of vital food and oxygen.
- Linked to vascular dementia
- Protect your Heart!

## Physical Exercise

- Regular exercise may help lower risk
- Directly benefits brain cells by increasing blood and oxygen flow to the brain

## Diet

- Mediterranean diet



# Symptoms

- **At least 2 of the following must be significantly impaired:**

1. **Memory**
2. **Communication & language**
3. **Ability to focus & pay attention**
4. **Reasoning & judgment**
5. **Visual perception**

- **Many dementias are progressive**

- **Early diagnosis is key!**

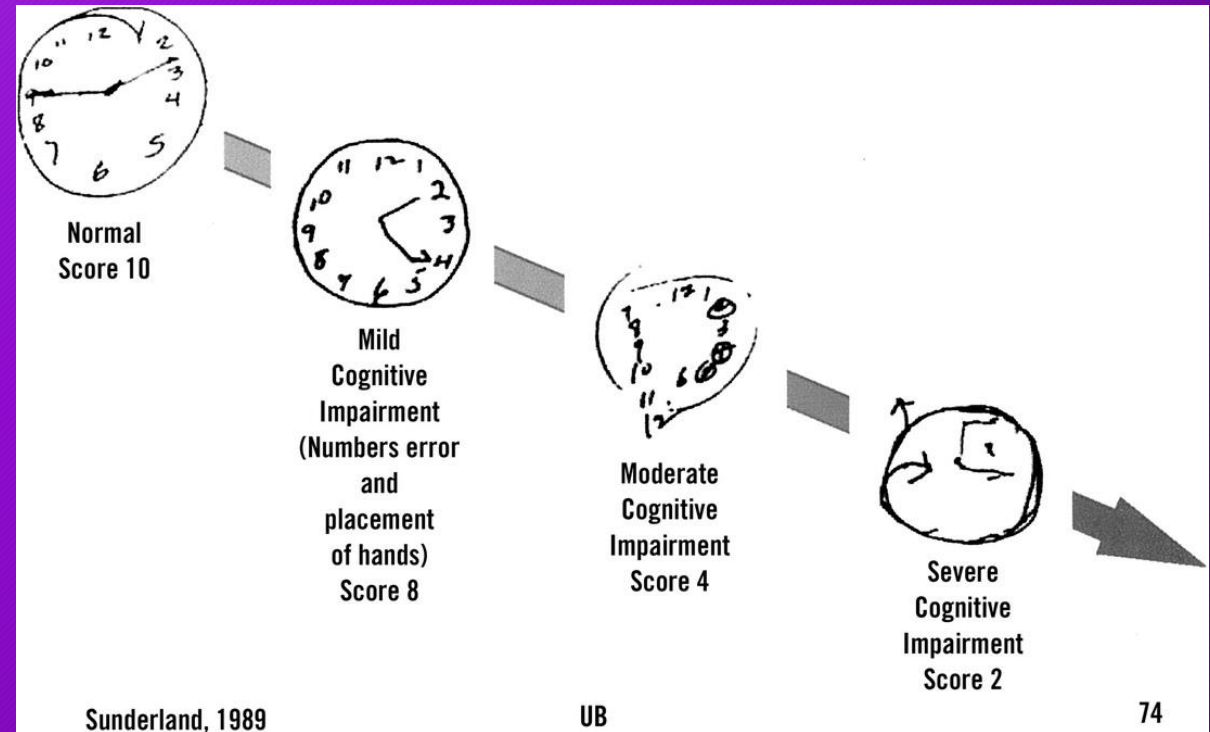
# Difference between Dementia & Typical Age-related changes

<b>Signs of Alzheimer's/dementia</b>	<b>Typical Age-related Changes</b>
<b>Poor judgement and decision-making</b>	<b>Making a bad decision once in a while</b>
<b>Inability to manage a budget</b>	<b>Missing a monthly payment</b>
<b>Losing track of the date or the season</b>	<b>Forgetting which day it is and remembering it later</b>
<b>Difficultly having a conversation</b>	<b>Sometimes forgetting which word to use</b>
<b>Misplacing things and being unable to retrace steps to find them</b>	<b>Losing things from time to time</b>

**Diagnosis**

# Medical Evaluation

- Thorough medical history
- A physical and neurological exam
- Mental status and Mood testing
- Blood tests and brain imaging
- Genetic Tests



Source: <http://www.mindmate-app.com/blog/your-ultimate-alzheimers-dementia-test-guide>

# Questions for Your Doctor

1. **What treatment options are available?**
2. **Which option do you think best fits our situation?**
3. **What kind of assessment will you use to determine if the treatment is effective?**
4. **How much time will pass before you will be able to assess the treatment's effectiveness?**
5. **How will you monitor for possible drug side effects?**



# Questions for You Doctor cont.

6. **What side effects should we watch for at home?**
7. **When should we call you?**
8. **Is one treatment option more like than another to interfere with medications for other conditions?**
9. **What are the concerns with stopping one drug treatment and beginning another?**
10. **At what stage of the disease would you consider it appropriate to stop using the drug?**

**Treatment**

- **Treatment depends on its cause**
- **There is no cure**
- **Drug treatments that may temporarily improve symptoms**
- **The path to effective new treatments for dementia is through increased research funding and increased participation in clinical trials.**



# Changes in Behavior and Treatment

- **Alzheimer's disease often affects the way people feel and act.**
- **Most challenging and distressing effect of the disease**
- **Medications, environmental influences, and medication conditions can cause or worsen symptoms**

<b>Early Stages</b>	<ul style="list-style-type: none"><li>• Irritability</li><li>• Anxiety</li><li>• Depression</li></ul>
<b>Later Stages</b>	<ul style="list-style-type: none"><li>• Anger</li><li>• Agitation</li><li>• Aggression</li><li>• General emotional distress</li><li>• Physical or verbal outbursts</li><li>• Restlessness, pacing, shredding paper or tissues</li><li>• Hallucinations</li><li>• Delusions</li><li>• Sleep disturbances</li></ul>

# Non-Drug Approaches

- **Maintain a healthy well-being**

- Proper nutrition
- Exercise
- Social activities
- Mental stimulation

- **Manage other medical conditions**

- **Immunizations**

- **Dietary Supplements**

- Use caution with “too good to be true” claims
- For more detailed information on supplement use in Alzheimer’s disease:  
[http://www.alz.org/alzheimers\\_alternative\\_treatments.asp](http://www.alz.org/alzheimers_alternative_treatments.asp)



Source: <https://justdoc.com/blog/lifestyle-modification/>

# Advice for Caregivers

# Early–Stage Caregiving

- **Learning**

- Learn as much as you can about the early and middle stages of AD
- Find other caregivers to talk to can be a great way to learn about and make sense of your own experience
- Remember that behavior changes are due to the disease process

- **Emotional Support**

- Counseling, a support group, or other family members

- **Family Roles**

- Caregiver may have to take on more household roles

- **Finances**

- Begin mapping out strategies for the increasing financial demands

- **Legal**

- Complete legal documents as early as possible

# Middle–Stage Caregiving

- **Dealing with challenging behaviors**
  - Often the right thing to do is exactly opposite of what seems like the right thing to do
- **Emotional Support**
  - Get support from professionals, family, friends, and/or support group
- **Respite Care**
  - Get in-home and out-of-home help to give you a regular break
- **Safety**
  - Create a safe and comfortable environment
  - Alert local police in case of wandering occurs
- **Medical Care**
  - Medical chart release
  - Make sure to take care of yourself
- **Plan for the Future**
  - More care or different type of care may be necessary
  - Consider residential facility or in-home help



# Late–Stage Caregiving

- **Placement**

- Consider placement in skilled nursing facility or dementia care facility

- **Hospice**

- Services designed to support individuals at the end of life
- May include support groups, visiting nurses, pain management, and home care

# Coping Tips for Caregivers

1. Monitor personal comfort
2. Avoid being confrontational
3. Redirect the person's attention
4. Create a calm environment
5. Allow adequate rest
6. Provide a security object
7. Acknowledge requests
8. Look for reasons behind each behavior
9. Explore various solutions
10. Don't take the behavior personally



# Caregiver Resources

 **FAMILY CAREGIVER ALLIANCE®**  
*National Center on Caregiving*

<https://www.caregiver.org/>

**alz.org®** | alzheimer's  association®

**24/7 Helpline: 1-800-272-3900**

<http://www.alz.org/care/>

 **ALZHEIMER'S FOUNDATION OF AMERICA (AFA)**  
*Helping more people today than we did yesterday.*

AFA National Toll-Free Helpline – 866-232-8484

<http://www.alzfdn.org/>

 **eldercare locator**  
*— Celebrating 20 Years —*  
Connecting You to Community Services

<http://www.eldercare.gov>

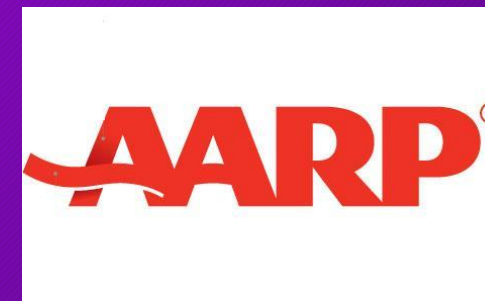
# Caregiver Resources (cont.)



<https://www.AlaSafe.gov/>



[www.alabamarespite.org](http://www.alabamarespite.org) ;  
866-RESTALA (866-737-8252)



[www.aarp.org/cargiving/](http://www.aarp.org/cargiving/)

# References

1. Alzheimer's Association. (n.d.). Retrieved June 17, 2018, from <http://www.alz.org/>
2. Alzheimer's Disease and Caregiving. (n.d.). Retrieved June 12, 2017, from <https://www.caregiver.org/alzheimers-disease-caregiving>