



# Dementia Prevention, Intervention, and Care

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# Goals of presentation

- 1. Understand risk factors for developing dementia**
- 2. Understand signs and symptoms of dementia**
- 3. Understand ways to stay healthy**

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# Incidence of Patients With Dementia

- ▶ **The number of older people, including those living with dementia, is rising, as mortality at younger ages declines.**
- ▶ **However, the age-specific incidence of dementia has fallen in many countries, probably because of improvements in**
  - ▶ **education,**
  - ▶ **nutrition,**
  - ▶ **health care, and**
  - ▶ **lifestyle changes.**



# Risk Factors

- By 2017 there was a growing body of evidence that there were nine potentially modifiable risk factors for dementia
- Over the last few years there was evidence supporting three additional modifiable risk factors for dementia
- Modifying these 12 risk factors could prevent or delay up to 40% of dementias
- The potential for prevention is high



# Initial 9 Risk Factors

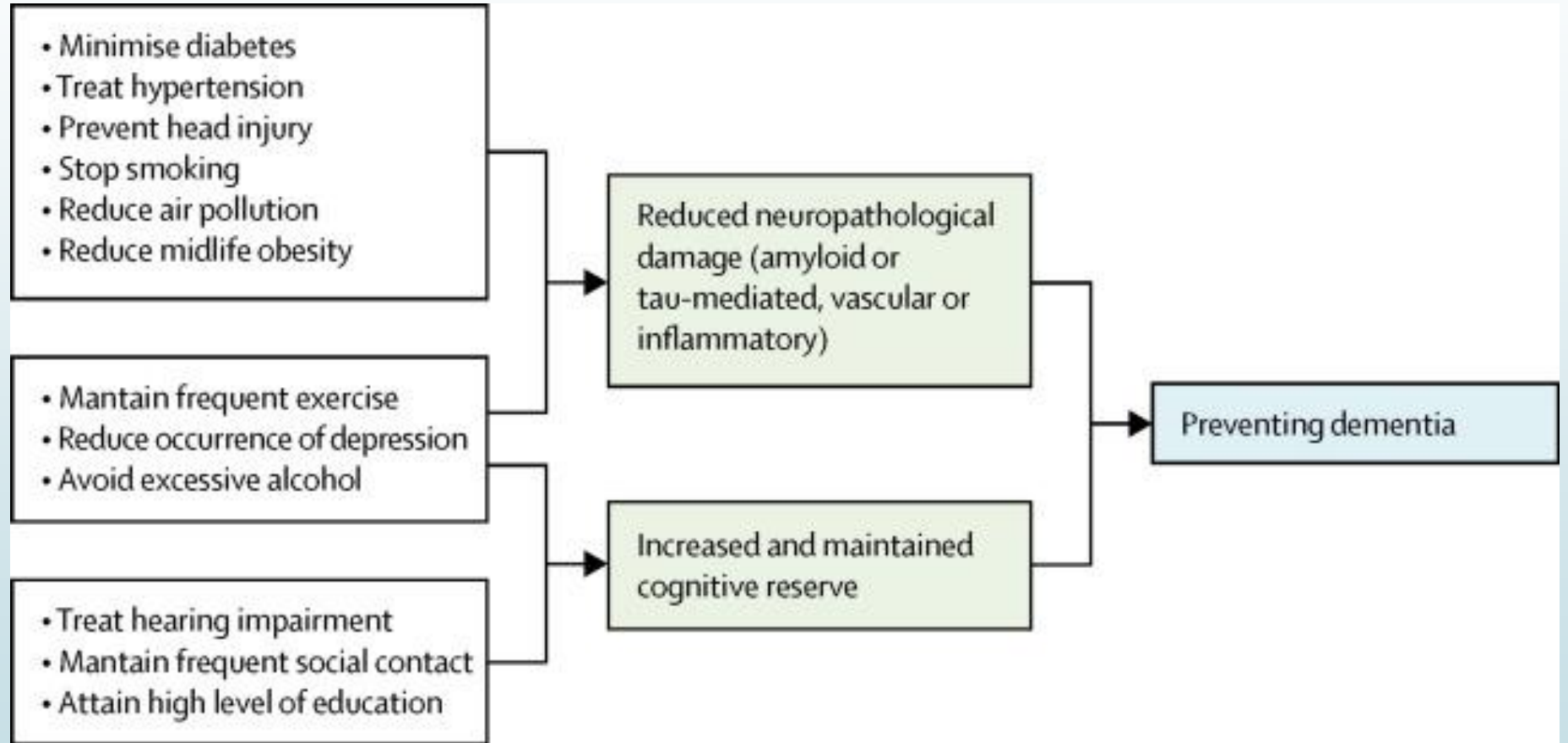
- ▶ less education,
- ▶ hypertension,
- ▶ hearing impairment,
- ▶ smoking,
- ▶ obesity,
- ▶ depression,
- ▶ physical inactivity,
- ▶ diabetes, and
- ▶ low social contact.

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# Three New Risk Factors

- ▶ These factors are
  - ▶ excessive alcohol consumption,
  - ▶ traumatic brain injury, and
  - ▶ air pollution.

# How to Decrease Risk





# Ways to Decrease Risk

- **Midlife systolic blood pressure control should aim for 130 mm Hg or lower to delay or prevent dementia.**
- **Stopping smoking, even in later life, ameliorates this risk.**
  - **Passive smoking is considered a less modifiable risk factor for dementia.**
- **Limit alcohol use,**
  - **as alcohol misuse and drinking more than 21 units weekly increase the risk of dementia.**
- **Reduce obesity and the linked condition of diabetes.**
- **Keep active**
- **Avoid head injury.**





# Keeping Active

- It is recommended to keep cognitively, physically, and socially active in midlife and later life
  - Although little evidence exists for any single specific activity protecting against dementia.
- Using hearing aids appears to reduce the excess risk from hearing loss.
- Sustained exercise in midlife, and possibly later life, protects from dementia,
  - perhaps through decreasing obesity, diabetes, and cardiovascular risk.



# Public Health Initiatives

- ▶ **Public health initiatives that**
  - ▶ minimize head injury and
  - ▶ decrease harmful alcohol drinking
  - ▶ Decrease air pollution
  - ▶ Prioritization of childhood education
    - ▶ could potentially reduce young-onset
    - ▶ and later-life dementia.



# Wellbeing is the Goal of Dementia Care

- ▶ **People with dementia have complex problems and symptoms in many domains.**
- ▶ **Interventions should be individualized and**
  - ▶ consider the person as a whole,
  - ▶ As well as their family caregivers.
- ▶ **Evidence is accumulating for the effectiveness, at least in the short term, of**
  - ▶ psychosocial interventions tailored to the patient's needs,
  - ▶ to manage neuropsychiatric symptoms.
- ▶ **Evidence-based interventions for caregivers**
  - ▶ can reduce depressive and anxiety symptoms over years and
  - ▶ be cost-effective.



## Wellbeing is the Goal of Dementia Care

- ▶ Keeping people with dementia physically healthy is important for their cognition.
- ▶ People with dementia have more physical health problems than others of the same age
  - ▶ but often receive less community health care and
  - ▶ find it particularly difficult to access and organize care.



# Depression and Dementia

- ▶ **Depression might be a risk for dementia,**
  - ▶ **It can also make Dementia appear worse than it is**
  - ▶ **But in later life dementia might cause depression.**
- ▶ **Although behavior change is difficult and some associations might not be purely causal,**
- ▶ **Individuals have a huge potential to reduce their dementia risk**



# Avoid Hospitalizations

- ▶ **People with dementia have more hospital admissions than other older people,**
  - ▶ including for illnesses that are potentially manageable at home.
- ▶ **People with dementia have died disproportionately in the COVID-19 epidemic.**
- ▶ **Hospitalizations are distressing and are associated with**
  - ▶ poor outcomes and
  - ▶ high costs.
- ▶ **Health-care professionals should consider dementia in older people without known dementia**
  - ▶ who have frequent hospital admissions
  - ▶ or who develop delirium (acute confusion).



# 10 Warning Signs for Dementia

- **Memory loss that disrupts daily life**
- **Challenges in planning or solving problems**
- **Difficulty completing familiar tasks**
- **Confusion with time or place**
- **Trouble understanding visual images and spatial relationships**
- **New problems with words in speaking or writing**
- **Misplacing things and losing the ability to retrace steps**
- **Decreased or poor judgment**
- **Withdrawal from work or social activities**
- **Changes in mood and personality**



# Memory loss that Disrupts Daily Life

- ▶ **One of the most common signs of Alzheimer's disease**, especially in the early stage, is forgetting recently learned information.
- ▶ Others include forgetting important dates or events, asking for the same questions over and over, and
- ▶ Increasingly needing to rely on
  - ▶ memory aids (e.g., reminder notes or electronic devices) or
  - ▶ family members for things they used to handle on their own.
- ▶ **What's a typical age-related change?**  
Sometimes forgetting names or appointments, but remembering them later.



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# Challenges in Planning or Solving Problems

- ▶ **Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers.**
  - ▶ They may have trouble following a familiar recipe or keeping track of monthly bills.
  - ▶ They may have difficulty concentrating and
  - ▶ Take much longer to do things than they did before.
- 
- ▶ **What's a typical age-related change?**  
Making occasional errors when managing finances or household bills.



# Difficulty Completing Familiar Tasks

- ▶ People with Alzheimer's often find it hard to complete daily tasks.
- ▶ Sometimes they may have trouble
  - ▶ driving to a familiar location,
  - ▶ organizing a grocery list or
  - ▶ remembering the rules of a favorite game.
- ▶ What's a typical age-related change?  
Occasionally needing help to use microwave settings or to record a TV show.

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# Confusion with Time or Place

- ▶ People living with Alzheimer's can lose track of dates, seasons and the passage of time.
  - ▶ They may have trouble understanding something if it is not happening immediately.
  - ▶ Sometimes they may forget where they are or how they got there.
- 
- ▶ What's a typical age-related change?  
Getting confused about the day of the week but figuring it out later.



# Trouble Understanding Visual Images and Spatial Relationships

- ▶ For some people, having vision problems is a sign of Alzheimer's.
  - ▶ This may lead to difficulty with balance or trouble reading.
  - ▶ They may also have problems judging distance and
  - ▶ determining color or contrast,
  - ▶ causing issues with driving.
  
- ▶ What's a typical age-related change?
  - ▶ Vision changes related to cataracts.



# New Problems with Words in Speaking or Writing

- ▶ People living with Alzheimer's may have trouble following or joining a conversation.
  - ▶ They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.
  - ▶ They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").
- ▶ What's a typical age-related change?
  - ▶ Sometimes having trouble finding the right word.



# Misplacing Things and Losing the Ability to Retrace Steps

- ▶ A person living with Alzheimer's disease may put things in unusual places.
  - ▶ They may lose things and be unable to go back over their steps to find them again.
  - ▶ He or she may accuse others of stealing, especially as the disease progresses.
- ▶ What's a typical age-related change?
  - ▶ Misplacing things from time to time and retracing steps to find them.

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# Decreased or Poor Judgment

- ▶ Individuals may experience changes in judgment or decision-making.
  - ▶ For example, they may use poor judgment when dealing with money or
  - ▶ Pay less attention to grooming or keeping themselves clean.
  
- ▶ What's a typical age-related change?
  - ▶ Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.



# Withdrawal from Work or Social Activities

- ▶ A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation.
  - ▶ As a result, he or she may withdraw from hobbies, social activities or other engagements.
  - ▶ They may have trouble keeping up with a favorite team or activity.
- ▶ What's a typical age-related change?
  - ▶ Sometimes feeling uninterested in family or social obligations.





# Changes in Mood and Personality

- ▶ Individuals living with Alzheimer's may experience mood and personality changes.
  - ▶ They can become confused, suspicious, depressed, fearful or anxious.
  - ▶ They may be easily upset at home, with friends or when out of their comfort zone.
  
- ▶ What's a typical age-related change?
  - ▶ Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



# Delirium (Acute Confusional State)

- **Delirium is common in people with dementia and contributes to cognitive decline.**
- **Causes of increased confusion**
  - **Infection**
  - **Dehydration**
  - **New environment**
    - **Hospital**
    - **Home**
  - **Medication**



**YOUR HEALTH IS UP TO YOU!**

**MAKE IT FUN!**



# EATING HEALTHY IS EASY & **COLORFUL!**

- Try adding a new fruit or vegetable to your meals each month
- Pick foods of all different colors for your plate
- Olive and avocado oils are healthy fats to use instead of animal fats
- Have fresh fruit easily available for your family instead of candy and pastries
- Choose whole wheat and whole grains instead of white flour for breads
- Read package nutrition information and look for products with at least 5 grams of fiber
- Avoid fad diets that are hard to maintain and tend to promote weight gain after their use



# HAVE **FUN** INCREASING YOUR ACTIVITY

- ▶ Pick one or two activities you really enjoy, and can do comfortably
- ▶ If you are getting started with activity, start slow and build up over a few weeks
- ▶ Try to get moderate exercise 30 minutes a day, three or four days a week
- ▶ Brisk walking, dancing, hiking can improve the health of your heart, lungs and circulatory system
- ▶ Make it a family activity! Get the kids out with you to improve their health as well. •
- ▶ Gardening is a great strengthening activity for the whole family
- ▶ Try a new activity, like cycling, flying a kite with children, or exploring a new area of the community
- ▶ Be sure to stretch your muscles when you are done with your activity to keep muscles from aching

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# **SOCIAL CONNECTION KEEPS YOU HAPPY**

- Stay in touch with family and friends, even if it is on the telephone
- Plan and enjoy meals with friends and other families
- Your faith community can be an important social connection
- Take a class for social connection and testing your brain
- Find group activities you like, such as
  - singing in a choir,
  - joining a walking group or bowling league

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# TEST YOUR **BRAIN**

- ▶ Learn a new subject by reading or watching videos
- ▶ Sing songs from your childhood as well as new ones
- ▶ Try your hand at jigsaw puzzles or word games
- ▶ Tell your children and grandchildren stories about your life experiences
- ▶ Take a cooking class



# KNOW YOUR **HEALTH NUMBERS**

- 0 smoking, vaping, or chewing tobacco
- 7 - 9 hours sleep nightly
- Know your **blood pressure, weight, cholesterol, and blood sugar (A1c)** and keep them in check
- 100% - Take all your medications as prescribed

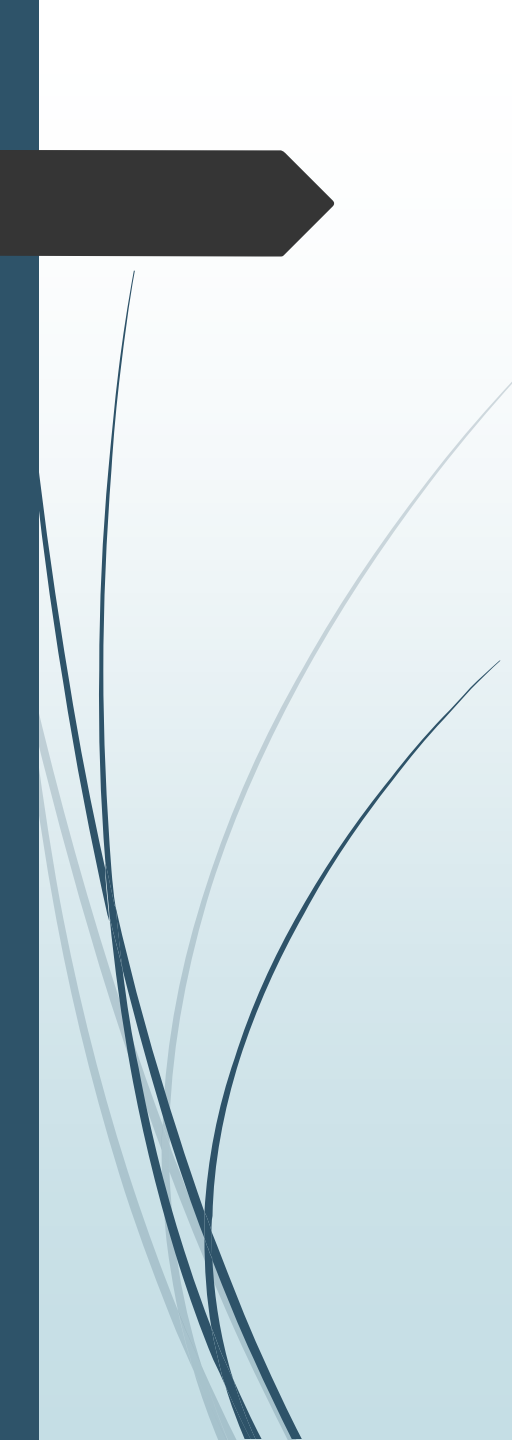




**The first 14 slides were based on**

**2020 report of the *Lancet* Commission:  
Dementia Prevention, Intervention, and Care**

THE LANCET COMMISSIONS [VOLUME 396,](#)  
[ISSUE 10248](#), P413-446, AUGUST 08, 2020



The next 11 slides describes the difference between Alzheimers  
Dementia and symptoms that occur with aging

They were based on information from Alzheimer's Association San  
Diego and Imperial County

<https://www.alz.org/sandiego>



The last 6 slides were taken from flyer (handout)

The flyer (handout) was created by the Alzheimer Project

- HHSA County of San Diego Health and Human Services
- Champions for Health
- Live well San Diego

The flyer is supported by the California Department of Public Health Alzheimer's Disease Program.

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