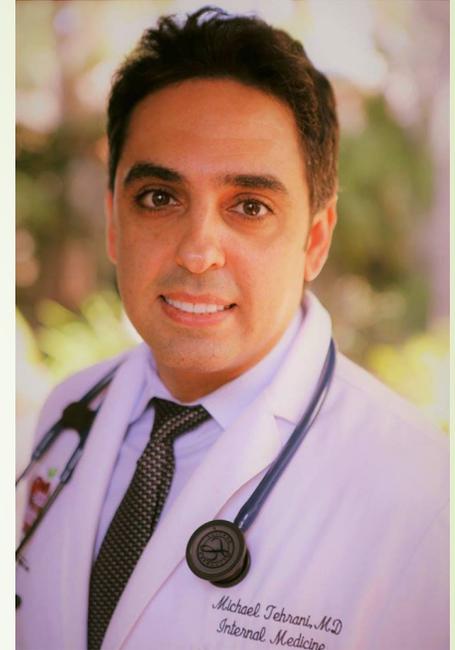


# Dementia

From a practical standpoint



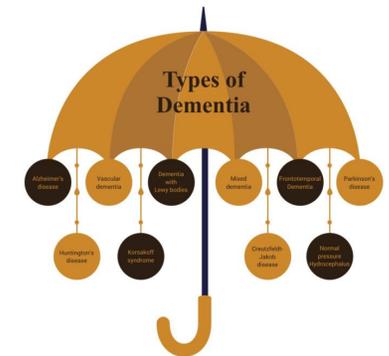
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# Dementia Definition



- ▶ An overall term for diseases in which one's **cognitive** ability of every day activities has been **compromised** by **changes** in the brain.
  - ▶ What is **cognitive** = thinking, processing, memory, behaving, judging, management, emotions, language, deciding, seeing...
  - ▶ What is **compromised** = affected.
  - ▶ What is **changes** = reversible or irreversible
  - ▶ How many types of Dementias are there: >70
    - ▶ Some are reversible, some are not.
  - ▶ What does brain imaging show: Shrinkage of affected area as the brain cells are damaged and die

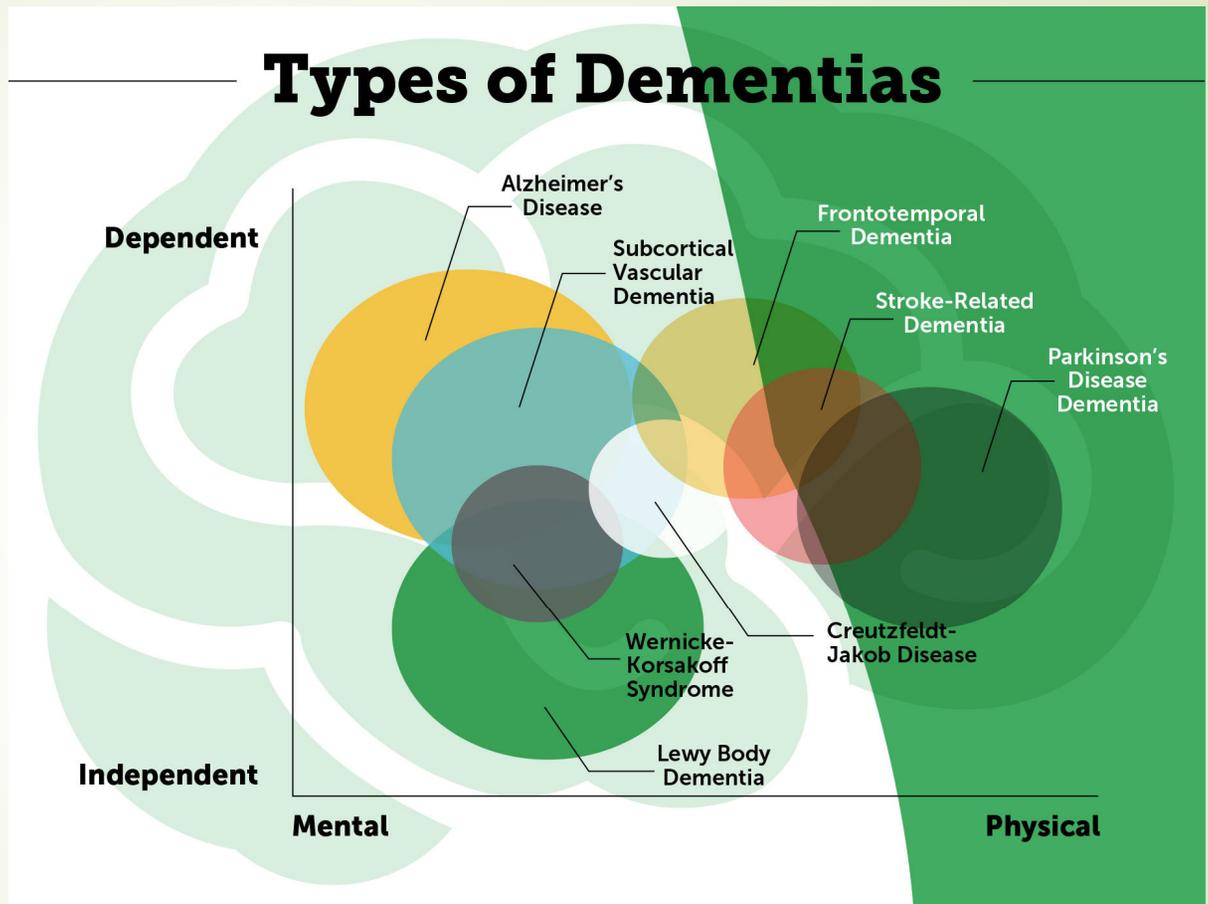


# Causes of Dementia

- Damage to brain cells → brain cells can no longer communicate with each other
- Brain has many distinct regions, each of which is responsible for different functions (for example, memory, judgement, and movement). When cells in a particular region are damaged, that region cannot carry out its functions normally.

Knowing the different Dementias really matters in establishing a baseline of care

- Medications are the same
- Care is NOT the same. Important to know when establishing a baseline of care
  - Knowing what to expect





# Alzheimer's Dementia

- ▶ Cause: cellular damage within neurons
- ▶ What area: hippocampus. Responsible for memory
- ▶ Clinical symptoms: problems with memory, forgetting new memory usually first
- ▶ Needs help with: memory and learning



# Vascular Dementia aka Multi-infarct Dementia

- ▶ Cause: little strokes in the brain due to lack of blood supply. Brain cells don't get oxygen and nourishment, so they die.
- ▶ What area: unpredictable. Depends what area died. Often memory and other cognitive functions, such as decision making, are impaired.
- ▶ Clinical symptoms: problems with area affected.
  - ▶ **Emotional Lability**
  - ▶ Confusion and disorientation
  - ▶ Unsteady walking
  - ▶ Difficulty "finding" words
  - ▶ Increased urinary frequency, urgency, or incontinence
  - ▶ Mood problems or changes in behavior (loss of interest, depression, agitation, etc.)
  - ▶ Difficulty concentrating / solving problems
- ▶ Needs help with: area affected, reset, Understanding what to expect



# Dementia with Lewy Bodies

- ▶ Cause: abnormal build up of protein (alpha-synuclein) which forms abnormal deposits, named Lewy bodies, within the brain.
- ▶ What area: wide range
- ▶ Clinical symptoms: **hallucinations** (seeing things that are not there, people/children/animal), delusions (believing something that is not true), movement problems (similar to PD because same brain structure affected as PD but intentional tremor), falls.
- ▶ Needs help with: Reassurance (don't try to argue with them), Remember, they are not just acting up. Memory is good



# FrontoTemporal Dementia

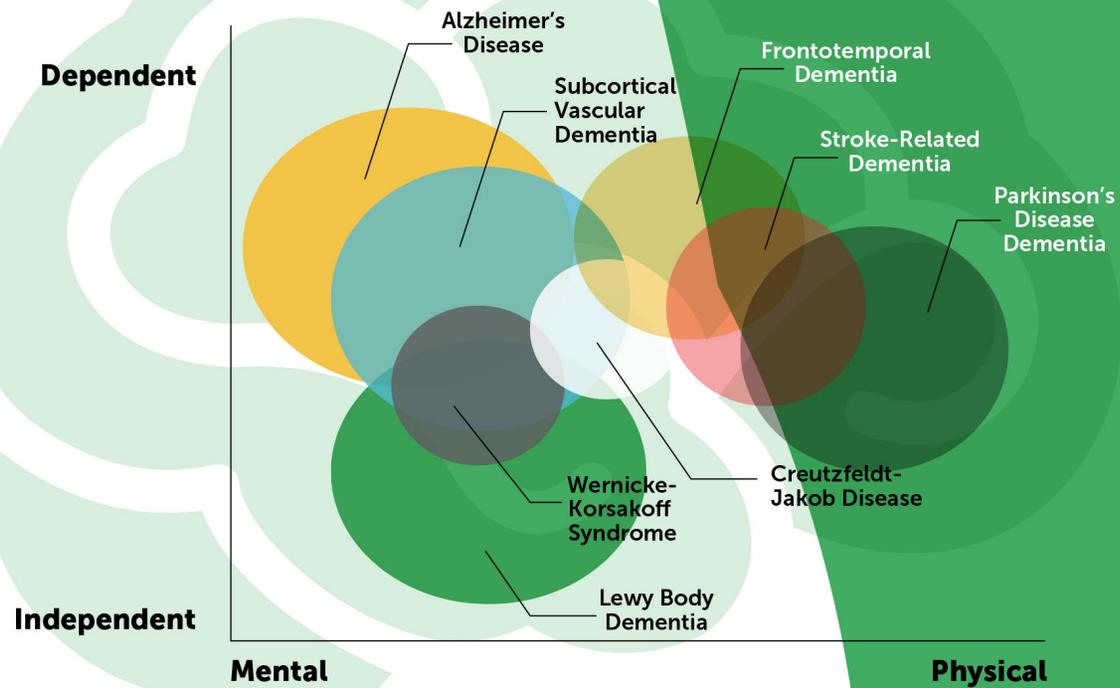
- Cause: ??, abnormal mutation of tau gene leads to abnormal protein deposition production and deposit inside and outside the cells
- What area: nerve damage in the frontal and temporal lobes of the brain
- Clinical symptoms: behavior, judgement, personality, but not memory (until later in the disease). Appear they are acting up or oddly.
  - Examples: shoplifting, encroaching on someone's personal space, inappropriate sexual behavior, loss of empathy, loss of interest (depression) or too much interest (bipolar, schizophrenia).
- Needs help with: don't punish but educate



# Rare Forms of Dementia

- ▶ Parkinson's Disease Dementia
- ▶ Huntington's Disease
- ▶ Creutzfeldt-Jakob Disease and Other Prion Diseases
- ▶ Dementia in HIV/AIDS
- ▶ Traumatic Brain Injury
- ▶ Wernicke-Korsakoff Syndrome (Includes dementia from alcohol abuse)

# Types of Dementias





# Seeking help from specialized medical professionals

- ▶ Understand which type of Dementia dealing with
- ▶ Dealing with Behaviors
  - ▶ Behavior modifications
  - ▶ Medications
    - ▶ Seroquel vs Risperdal vs Depakote



# Coordination between your PCP and Specialists

- Diagnose first. Remember 70 types and some are reversible (some mimic dementia).
  - Focus on Care too and not just treatment
- 



# The Importance of Structure and Routine

- A predictable routine can prevent a person with dementia from becoming distracted and forgetting what they were doing.
  - Provides a sense of comfort and control
  - People with dementia experience greater difficulty when attempting to do new things.



# Preparing for the Future and Disease Progression

- When to seek outside help or placement



# Thank you!

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