


Alzheimer Society of Manitoba 2016 January Awareness Forum

Dementia...Are You Worried?

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**Do changes in memory, thinking
or emotional status always mean
that a person has a form of
dementia?**

What are some of the conditions that mimic dementia symptoms?

- * Stress
- * Sleep deprivation
- * Depression
- * Poor nutrition
- * Fatigue
- * Pain
- * Heavy metal toxicity

What is considered normal (aging)?

Functions that improve or remain stable by aging:

- * Accumulated and general knowledge
- * Verbal ability, vocabulary
- * Some numerical abilities
- * Comprehension

Functions that decline by normal aging:

- * Novel problem solving
- * Processing speed
- * Reasoning
- * Memory
- * Executive functions
- * Working memory

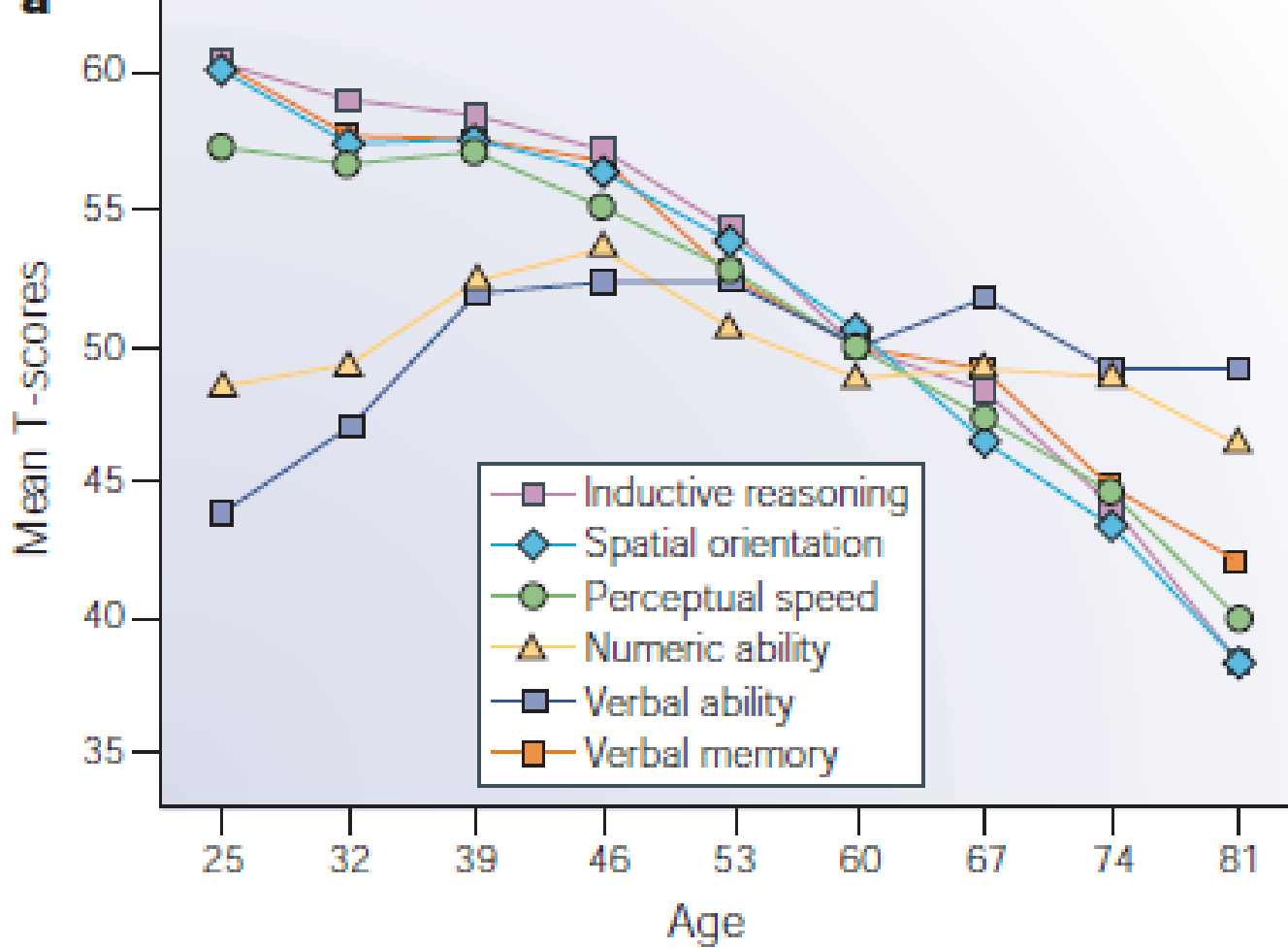
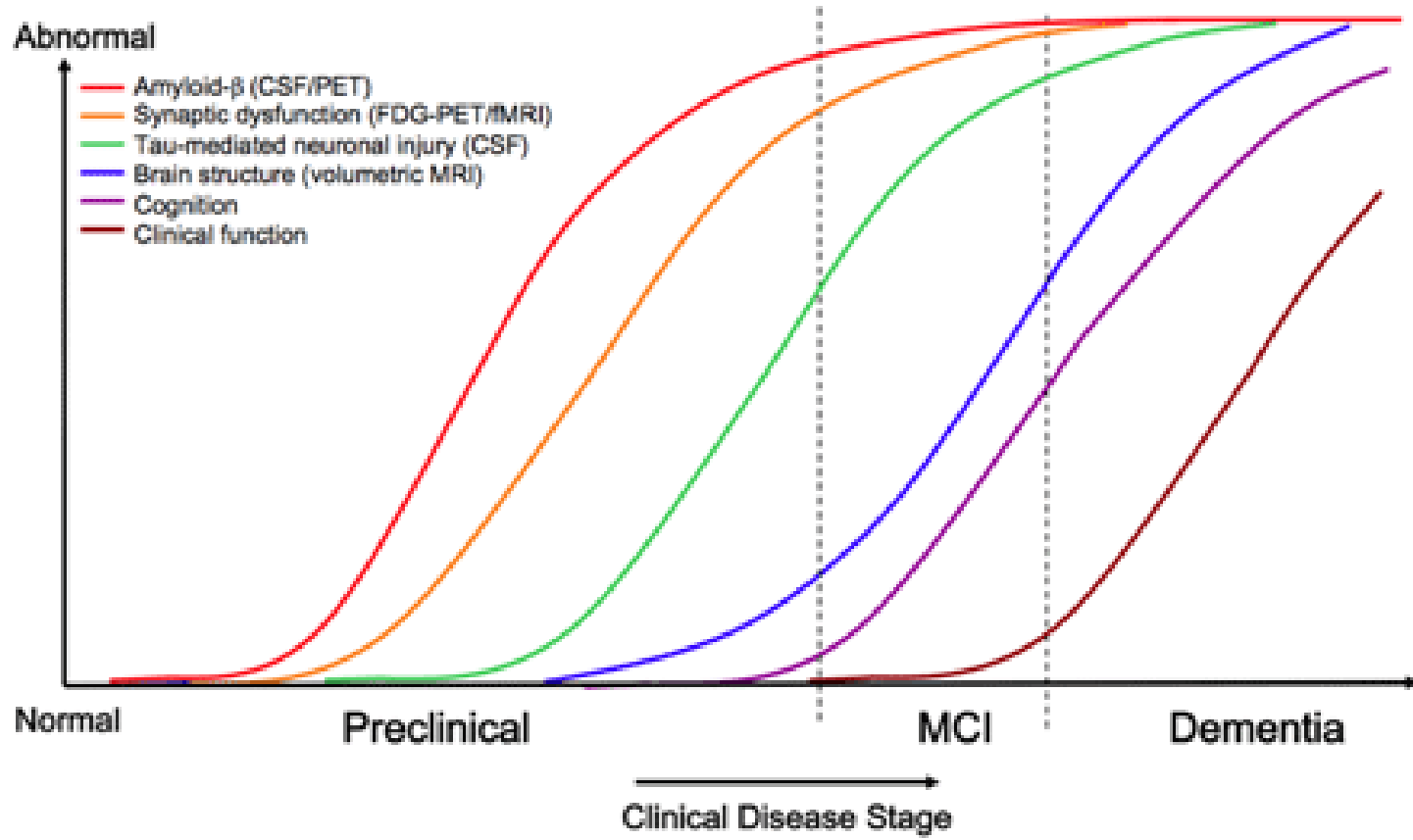


Figure 3 Aspects of cognitive decline across the population

[Ian J. Deary](#) et al., Age-associated cognitive decline

Why does a diagnosis take so long?

- * Gradual onset
- * High premorbid cognitive reserve can sometimes mask symptoms of dementia.
- * Are mistaken by symptoms of other diseases
- * Denial
- * Considered as age associated forgetfulness.
- * Symptoms are attributed to the patient's personality, etc.



Lancet Neurol. 2010.

Early signs

- * Memory
- * Language
- * Planning and problem solving
- * Calculations
- * Visuospatial: driving
- * Confusion with time and place
- * Change in mood and personality
- * Social withdrawal

Mild Cognitive Impairment

- * Subjective or proxy cognitive complaint; objective memory impairment (decline from premorbid levels); relatively intact functional ability; not demented.

Mild Cognitive Impairment

- * Mild Cognitive Impairment (MCI) affects between 5 and 20 per cent of the population aged 65 or over. It affects cognitive function to a greater extent than would be expected, but not to such extent that it precludes independent living.
- * Some cases of MCI are treatable. Some cases (one in six) progress to dementia within a year.



Environmental

Biological

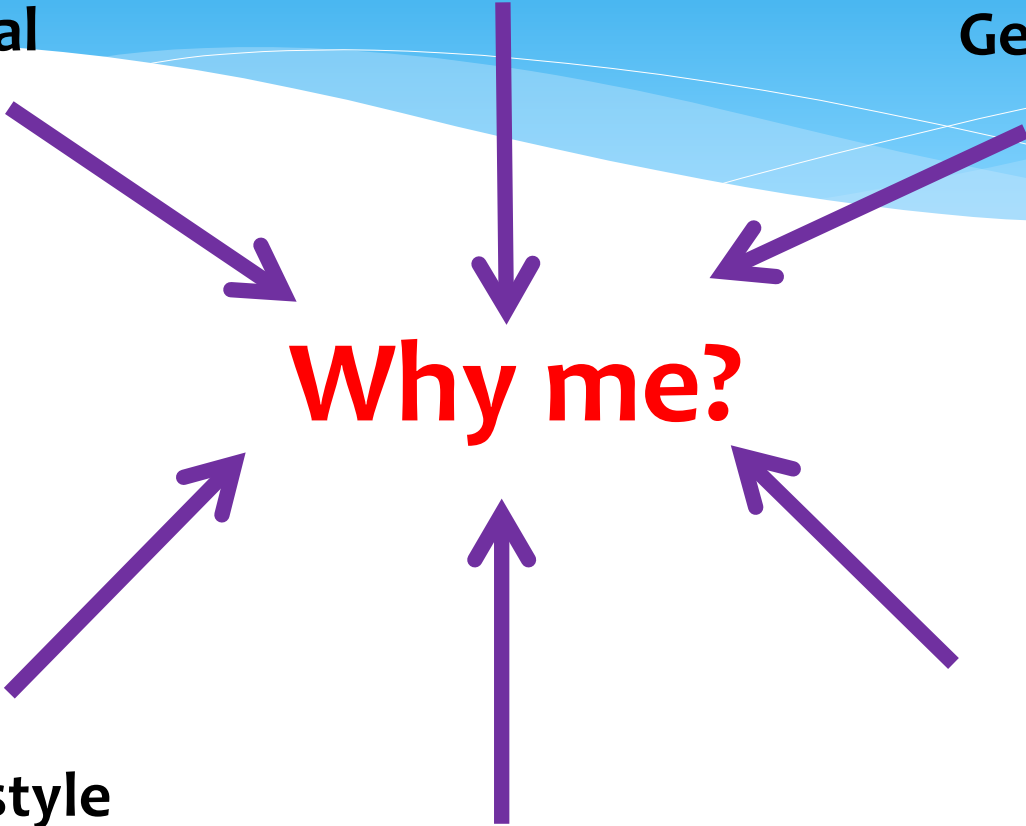
Genetic

Why me?

Age

Gender

Life style



Early risk factors which can be modified by public health approaches

- * Smoking
- * Obesity
- * Midlife high blood pressure (screening and management)
- * Cholesterol (screening and management)
- * Diabetes (screening and management)
- * Depression

Actions we can take to reduce risk of dementia:

- * Physical activity
- * Mediterranean diet
- * Not smoking
- * Not drinking excessive amounts of alcohol
- * Social/mental activity (?)