

WE CARE

If you are not sure what is causing the memory loss for yourself or a loved one and you need help finding a doctor for diagnosis, please call the Care2Caregivers Helpline. We will help you locate a qualified professional in your area.



WHEN YOU CARE • WE ARE THERE

For more information:

Comprehensive Services on Aging (COPSA) has been providing compassionate and sensitive mental health care to the elderly since 1975. A team of Geriatric Psychiatrists, Social Workers and Case Managers are available to assist families with diagnosis and treatment. COPSA also provides training for professionals, family caregivers and the community on issues related to aging, memory and mental health. Care2Caregivers provides resources, referrals, information and supportive counseling to anyone caring for someone with memory loss. Call for help.

HELPLINE: 800.424.2494

RUTGERS HEALTH

University Behavioral Health Care

COPSA Institute for Alzheimer's Disease & Related Disorders

TYPES OF DEMENTIA

Alzheimer's Disease

Alzheimer's Disease is the most common type of dementia. It causes a gradual decline of cognitive abilities, everyday functioning and personality. Early symptoms may include forgetfulness (conversations, recent events and names) and difficulty learning new information. Other symptoms include disorientation, confusion, word-finding difficulties, misplacing items, and changes in personality or behavior. Alzheimer's Disease is the result of changes in the brain.

Vascular Dementia

This is the second most common type of dementia and is the result of damage to the brain caused by insufficient blood flow to parts of the brain. This can be due to a stroke, heart attack or other vascular diseases. Symptoms vary based on the area of the brain affected.

Dementia with Lewy Bodies

Lewy Body Dementia is caused by the presence of Lewy Bodies, which are abnormal protein deposits, in the brain. It is characterized by marked symptoms of fluctuation in confusion and thinking. Visual hallucinations and muscle rigidity (Parkinsonism) are key characteristics of this disorder.

Parkinson's Disease

The initial symptoms of Parkinson's involve motor and movement disturbances. Speech may also be affected. Some people with Parkinson's may develop memory loss as the disease progresses.

Frontotemporal Dementia

This type of dementia is characterized by progressive damage to the frontal and temporal lobes of the brain. People with this disease often have difficulties with behavior and personality changes. FTD tends to progress more quickly and occur at a younger age than other dementias. Loss of inhibition is a common symptom.

Normal Pressure Hydrocephalus

This is a brain disorder in which excess cerebrospinal fluid accumulates in the brain's ventricle, causing thinking and reasoning problems, difficulty walking and loss of bladder control.

Huntington's Disease

Huntington's is an inherited disease that causes the progressive breakdown (degeneration) of nerve cells in the brain. Huntington's disease has a broad impact on a person's functional abilities and usually results in movement, thinking (cognitive) and psychiatric disorders.

Wernicke-Korsakoff Syndrome

This syndrome is often associated with alcohol abuse, gastric bypass, or other conditions that involve nutrient absorption.



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Dementia is a syndrome that involves impairment in various areas of brain functioning.

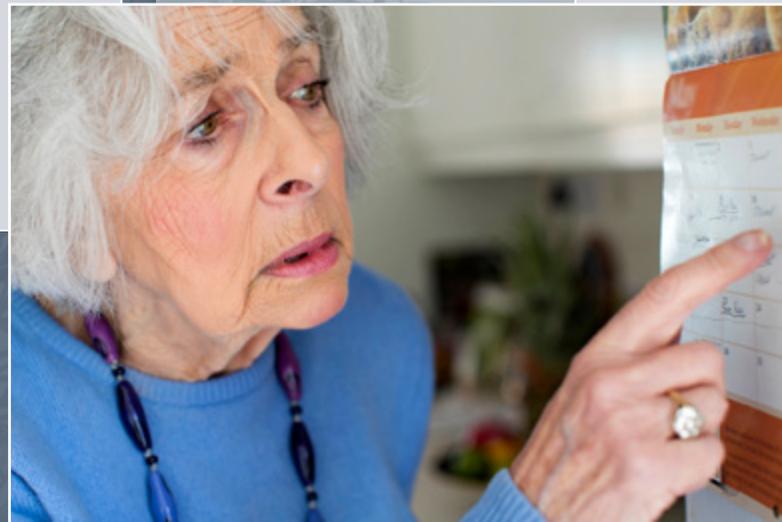
Some of these include memory, language, calculation, and recognition. A person with dementia may also experience changes in personality over time. Some people have sudden onset while others are gradual. Many dementias are progressive and eventually impair motor skills and other areas of physical functioning which can make it hard for a person to function independently. How long a dementia lasts depends on the cause, and often the health of the individual. Dementia can be caused by a number of conditions and illnesses. Knowing what is causing the dementia can help a

person get effective treatment, improve the ability to manage symptoms and help families better plan for the future.

THE IMPORTANCE OF **DIAGNOSIS**

If you are having **concerns about memory**, either for yourself or a loved one, it is best to consult with a trained **professional**.

Doctors, such as Geriatric Psychiatrists and Neurologists, can perform tests to give you a better idea of what is causing the memory loss and suggest some options for treatment. Sometimes a person may have a medical condition, such as a Urinary Tract Infection, an adverse reaction to prescribed medications, or a vitamin deficiency, that may be impacting the memory. If the medical condition is treated, the memory issue will improve. Some memory loss is irreversible and progressive and caused by a disease process in the brain such as the ones listed in this pamphlet. Having an evaluation at a facility, such as at a Geriatric Assessment Center, can help you better learn about the causes of the memory impairment and help you get better treatment.



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ubhc.rutgers.edu/services/geriatric
www.Care2Caregivers.com