

Dementia

Dementia is an umbrella term that covers many types of cognitive impairment. The common types of dementia are: Alzheimer's disease and Parkinson's disease. Symptoms generally associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's Disease

- Short-term memory loss
- Changes in mood
- Confusion of time & place
- Hard to complete familiar task
- Misplacing belongings
- Struggling to communicate
- Depression



Parkinson's Disease

- Trouble with handwriting
- Tremors
- Slowness of movement
- Stiffness of muscles
- Changes in speech, voice
- Decrease in attention
- Poor executive functioning

Prevention Tips to Reduce Risk



Physical Exercise



Healthy Diet



Healthy Sleep



Mental Stimulation



Social Engagement



Stress Management

Are you becoming increasingly forgetful?

If you're over the age of 65, it is necessary to talk to your doctor about the early signs of dementia.



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