

# Dementia Cause, Signs, & Symptoms

Dementia affects millions of people and is more common as people grow older. About one-third of all people aged 85 or older may have some form of dementia even though it is not considered a normal part of aging.

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. It is the result of changes in certain brain regions that cause neurons and their connections to stop working properly.

Some individuals with dementia experience meaningful changes in their personalities and lose control of their emotions. At its most severe stage, dementia results in the complete reliance on others for basic activities of daily living, including feeding and all personal care.



## The signs and symptoms of dementia and can vary but may include:



- Memory loss, poor judgment, and confusion
- Difficulty speaking, understanding and expressing thoughts
- Wandering and getting lost in familiar areas
- Trouble handling money responsibly
- Repeating questions
- Using unusual words to refer to familiar objects
- Taking longer to complete normal tasks
- Losing interest in normal daily activities
- Hallucinating or experiencing delusions or paranoia
- Acting impulsively
- Not caring about other people's feelings
- Losing balance and problems with movement

Although we do not yet know for certain what, if anything, can prevent dementia, in general, leading a healthy lifestyle may help reduce risk factors.



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