



Dementia

Dementia is a general term that refers to a set of symptoms associated with a decline in cognitive abilities, such as memory, thinking, reasoning, and problem-solving skills. It is not a specific disease but rather a syndrome caused by various underlying conditions.

The most common cause of dementia is Alzheimer's disease, accounting for 60-80% of cases. Other causes include vascular dementia, which occurs due to impaired blood flow to the brain, and mixed dementia, which involves a combination of different types of dementia, such as Alzheimer's and vascular dementia.

Dementia affects not only memory but also a person's ability to communicate, perform daily activities, and maintain relationships. As the condition progresses, individuals with dementia may experience personality changes, confusion, disorientation, and difficulties with motor function.

While there is no known cure for most types of dementia, some medications and treatments can help manage the symptoms and slow down the progression of the disease. Additionally, supportive care, including creating a safe and stimulating environment, providing emotional support, and assisting with daily tasks, can greatly improve the quality of life for individuals with dementia and their caregivers.

If you or someone you know is experiencing memory problems or other symptoms associated with dementia, it is important to consult your doctor at SunStar Clinics for full assessment, accurate diagnosis and appropriate management strategies. Remember, the sooner we identify and start treatment, the better it is!