

Dementia

-An overview



Dementia is usually a disease of the elderly and is characterized by progressive loss of memory also affects as language, judgment, and planning, impairment of daily activities, and reduced social interaction.

Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year.¹

In absolute terms, there are about 35.6 million people living in the world currently with dementia and 7.7 million new cases of dementia added every year, i.e., nearly one case every 4 s with highest projections in South Asian nations such as India.

Prevalence of dementia in the elderly in India is 5%–7%.²

Signs and symptoms

- Memory loss
- Confusion in familiar places.
- Difficulty recognizing relatives and friends
- Difficulty with communication
- Unaware of the time and place
- Need for assisted self-care
- Mood change & behaviour changes like wandering and repeated questioning

Treatment and care

- Early diagnosis
- Identifying and treating accompanying physical illness
- Treating behavioural and psychological symptoms
- Providing information and long-term support to carers.
- Optimizing physical health, cognition, activity and well-being.¹

Ref :

1) <https://www.who.int/news-room/fact-sheets/detail/dementia>

2) Sathianathan R et al. Indian J Psychiatry. 2018;60:165-7.

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