Normal vs. Not Normal Aging...

Presentation by: Shanti Potts
shantipotts@gmail.com
What is dementia?
The Brain
Dementia vs. Alzheimer’s
Studying the Brain
ABC\textsuperscript{S} of dementia

- Activities of daily living
- Behavior
- Cognition (thinking)
Many brain functions can be affected

- Memory
Types of:

- Human Memory
  - Sensory Memory (≤ 1 sec)
  - Short-term Memory (Working Memory) (≤ 1 min)
  - Long-term Memory (life-time)
    - Explicit Memory (conscious)
      - Declarative Memory (facts, events)
        - Episodic Memory (events, experiences)
        - Semantic Memory (facts, concepts)
    - Implicit Memory (unconscious)
      - Procedural Memory (skills, tasks)
Many brain functions can be affected

Memory
HALLMARKS

Alzheimer’s Disease – Memory
Lobes of the brain

- Frontal lobe: movement, emotion, behavior, remote memory, thinking, speech, writing
- Parietal lobe: sensations (pain, pressure, temperature, touch), body awareness
- Occipital lobe: interpreting visual images and meaning of the written word
- Temporal lobe: interpreting sounds, spoken words, emotions, and recent memory
The strawberry effect
Normal Aging

- Forgetting names
- Increased time & energy to learn new skills
- Decreased ability/dexterity with multi-tasking
- Decreased ability to readily recall data
- Decreased response/reactionary time
- Decreased ability to learn/decide in a short time
- Decreased quantity learnt in a specified time
Grey Area

- Feeling overwhelmed
- Subjective memory complaints
- Increased irritability
- Increased stress
- Some new depression
- Decreased mood
Dementia

- Lost in familiar situations
- Confused; Anxious; Depressed; Withdrawn more
- Awareness deficits/denial
- Repetition of bits and pieces of conversation
- Lost of interest in previously enjoyed hobbies
- Increased stress, agitation, anxiety
- Interacting family & friends notice differences
How is dementia diagnosed?
REMEMBER:
Social chit chat and banter remain way into the dementia to the end!
Who gets dementia?
How common is dementia?
Risk factors for dementia

- **Age** - getting old

- Having people in your **Family** - (blood relatives) who have dementia

- **Genetic or metabolic** disorders (DD – ID)
Phases of dementia
Studying the Brain

- Healthy Brain
- Severe AD

- Preclinical AD
- Mild to Moderate AD
- Severe AD
What can we do?
Staying Sharp

Take care of your brain (Protect)

Keep secondary health managed

Keep your brain challenged (Use it or loose it)

Everything in Moderation including Moderation

Pick good genes

AND... Start at birth!!!