



Introduction to Dementia

Use the following information from our Dementia Simulation Experience's curriculum to learn about dementia.

What Is Dementia?

"Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing every-day activities... though dementia mostly affects older adults, it is not a part of normal aging".

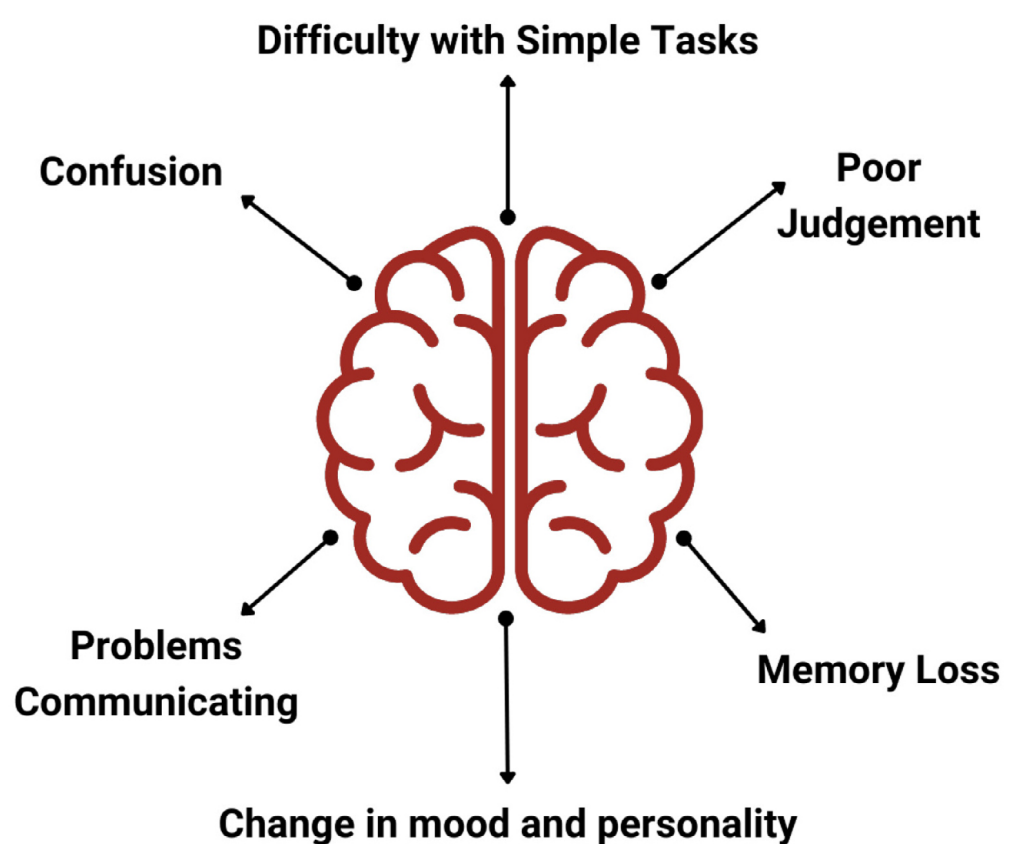
Dementia Facts

- Approximately 5.0 million adults living with dementia
- This number is projected to be almost 14 million by 2060
- Dementia is not a normal part of aging
- There are multiple types of dementia

Types of Dementia

- Alzheimer's disease
- Vascular dementia
- Lewy body dementia
- Frontotemporal dementia
- Mixed dementia

Dementia Symptoms



Risk Factors

- **Age:** This is the strongest risk factor. Most affecting 65 years and older.
- **Family History:** If there is familial history of dementia, then others in the family have a greater risk of developing it (parents or siblings).
- **Race/Ethnicity:** African Americans are 2 times more likely to have dementia. Hispanics are 1.5 times more likely to have dementia. Both are compared to Caucasians.
- **Poor Heart Health:** High blood pressure, high cholesterol, and smoking increase the risk of dementia, especially if left untreated.
- **Traumatic Brain Injury:** Head injuries that are severe or occur repeatedly increase the risk for dementia.

Centers for Disease Control and Prevention. (2019, April 5). What is dementia? Centers for Disease Control and Prevention. Retrieved January 16, 2023, from <https://www.cdc.gov/aging/dementia/index.html>



Contact us today to learn more about the Dementia Simulation Experience and other health science learning aids.