

Living Well with AIMGA

VOL. 9 - DEMENTIA AND ALZHEIMER'S AWARENESS



OVERVIEW

According to Alzheimer's Disease International, "dementia is a collective name for brain syndromes which affect memory, thinking, behaviour and emotion, and is the leading cause of disability and dependency among the elderly". Alzheimer's Disease is a type of dementia; it is a chronic neurodegenerative disease that destroys brain cells, causing thinking ability and memory to deteriorate over time. Currently, there is estimated to be over 55 million people globally living with dementia. Given that this dementia is especially common in the elderly population, it is anticipated that the prevalence of diagnoses will continue to increase as Canada's population ages. September marks World Alzheimer's Month, so join us in reading this Living Well with AIMGA Volume 9 newsletter to learn more on this subject. This content is written by international medical graduates of AIMGA who have expertise in these areas.

Alzheimer's is a **Type** of Dementia



Alzheimer's is a **Cause** of Dementia

Sources: [Alzheimer's Disease International](#); [Health Canada, 2022](#); [Alzheimer Society, 2023](#); [Alzheimer's Association, 2023](#)

RED FLAGS

- 1 See this link for more [early warning signs](#) of Alzheimer's Disease.
- 2 Recognizing red flags can really help those with AD and their families proactively address symptoms. It is especially important to be aware of **mobility issues**, such as gait and imbalance, which can increase the risk of falling. Consult your family physician if you are concerned for one's

Sources: [Memorial Hermann, 2023](#); [National Institute on Aging, 2017](#); [Alzheimer Society, 2022](#)

everyday safety. Steps to modify your household to prevent risk can be found [here](#).

- 3 If someone is at immediate risk of harm due to confusion, call 9-1-1.
- 4 Six in ten people who live with dementia are at risk of getting lost. Here are some tips on achieving [independence and safety](#).

HEALTH REMINDERS!

- If you experience early symptoms of dementia (e.g., memory loss, difficulty performing familiar tasks, or changes in personality), find a doctor you feel comfortable with to openly discuss your concerns.
- A large body of research now strongly suggests that combining healthy habits, such as staying active physically and mentally, eating a healthy and balanced diet, getting enough sleep, avoiding tobacco and excess alcohol, reducing stress, wearing a seat belt/helmet, preventing falls and brain injury, and stimulating the brain through activities and games, promotes good brain health and reduces your risk of cognitive decline.
- If you are a caregiver looking after one with dementia or Alzheimer's, it is important to take care of yourself and your own health (mental and physical) to avoid caregiver burnout. Check out these [caregiver resources](#) on page 4 of our newsletter to assist you and your family / loved ones.
- Work with your doctor to monitor your heart health and treat any problems, such as diabetes, high blood pressure, high cholesterol or obesity issues; there is strong evidence linking heart health to brain health. Try out these lifestyle tips [here](#).

Sources: [Alzheimer's Association, 2023](#); <https://www.alz.org/alzheimers-dementia/diagnosis/visiting-your-doctor>; https://www.alz.org/help-support/brain_health; [Alzheimer's Society, 2023](#); [Alzheimer's Association, 2023](#)

DID YOU KNOW?



AIMGA experts are available to speak to your organization on this topic.

Book your presentation today by emailing drew@aimga.ca

For more information, check out the full version of the "Living Well With AIMGA" Newsletter by scanning the QR code below with your phone!



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