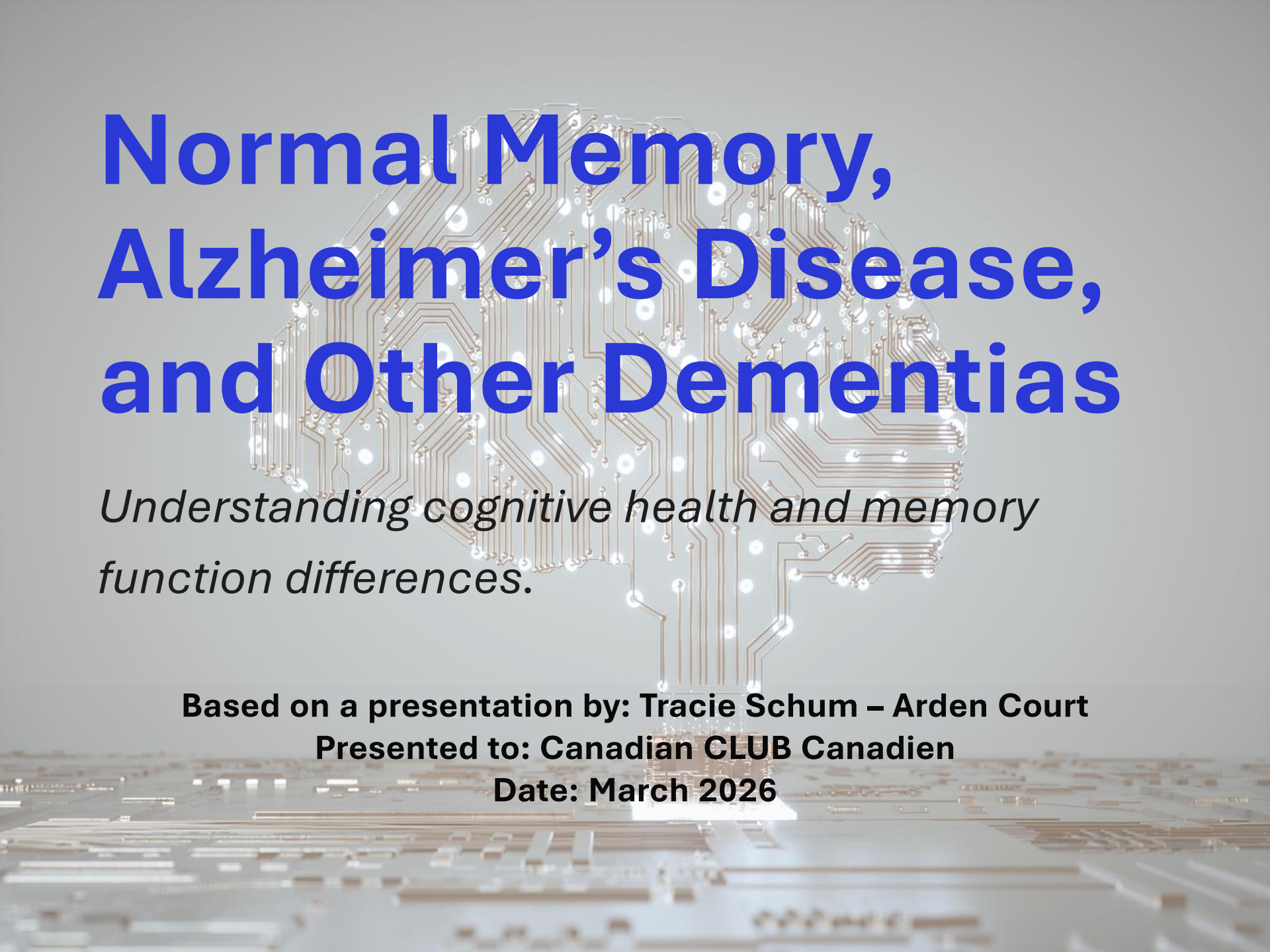




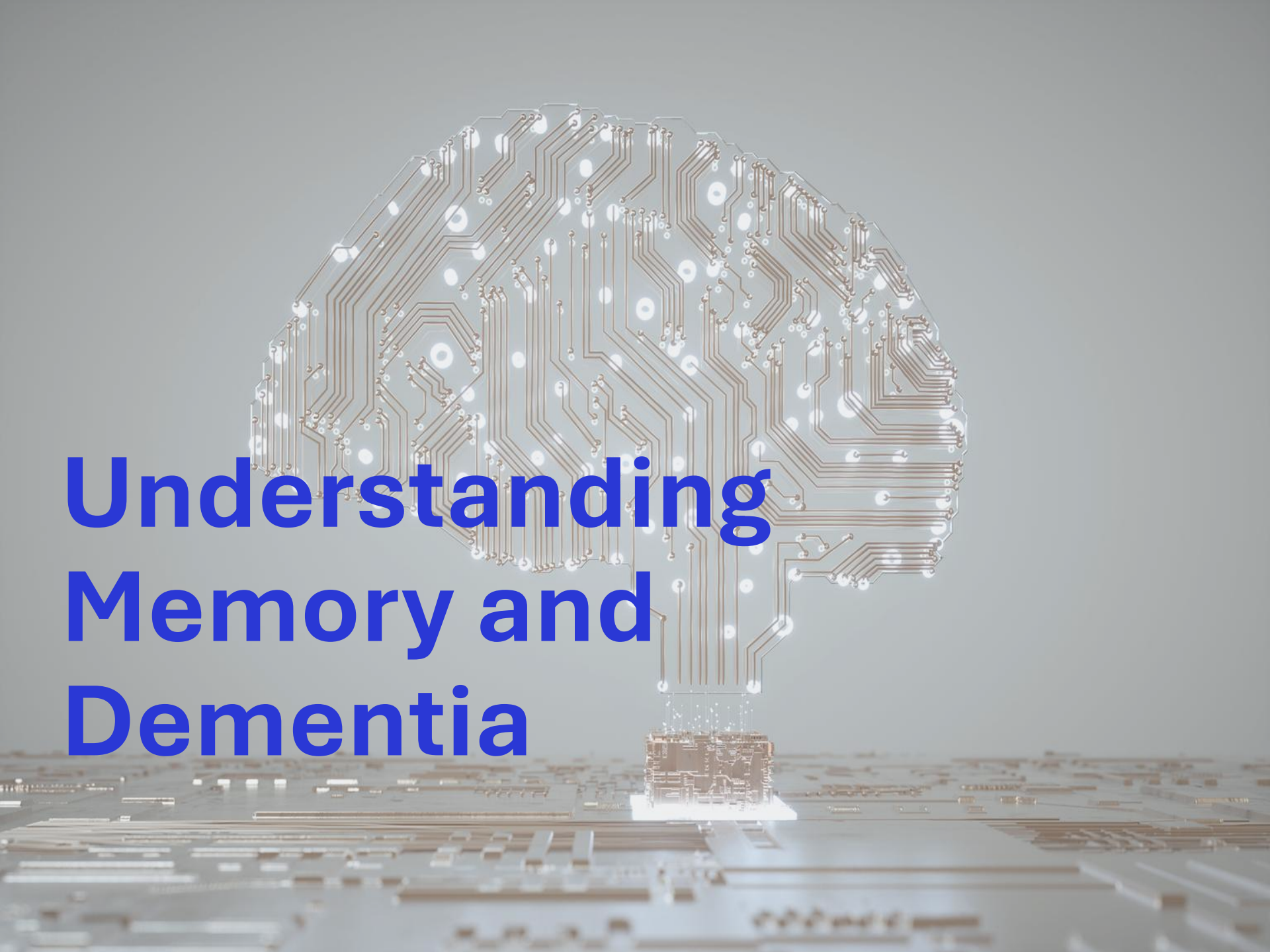
Normal Memory, Alzheimer's Disease, and Other Dementias

*Understanding cognitive health and memory
function differences.*

Based on a presentation by: Tracie Schum – Arden Court

Presented to: Canadian CLUB Canadien

Date: March 2026

The image features a stylized brain shape composed of intricate circuitry and glowing white nodes, set against a background of a city skyline at night. The brain is positioned in the upper half of the frame, with its base connected to a small, glowing electronic component on a circuit board. The city skyline is visible in the lower half, with various buildings and lights. The overall theme is the intersection of technology and human cognition.

Understanding Memory and Dementia

Introduction to Memory and Dementia



Role of Memory

Memory enables the storage, retention, and recall of information vital for learning and daily decision-making.

Normal Aging Memory Changes

Mild memory lapses, like forgetting names or misplacing items, are a normal part of aging.

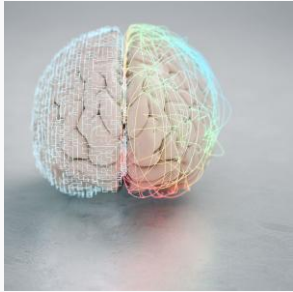
Understanding Dementia

Dementia is a syndrome characterized by severe cognitive decline that affects memory, behavior, and daily functioning.

Importance of Early Detection

Distinguishing normal memory changes from dementia helps in early diagnosis and effective intervention.

Normal Aging vs. Dementia



Normal Aging Memory

Normal aging causes occasional forgetfulness without major impact on daily life or functioning.



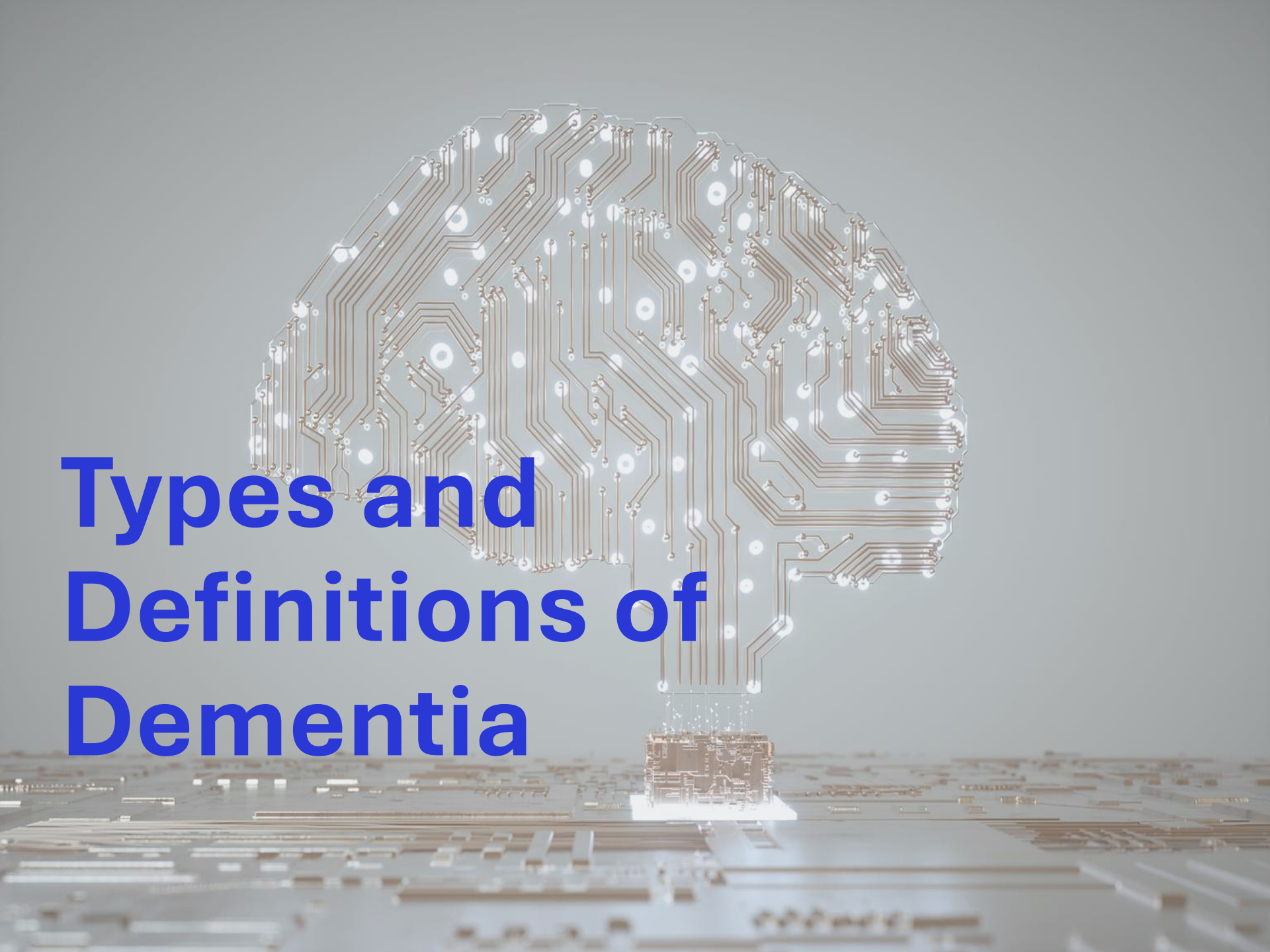
Dementia Cognitive Decline

Dementia involves persistent decline in memory, reasoning, language, and behavior impacting daily tasks.

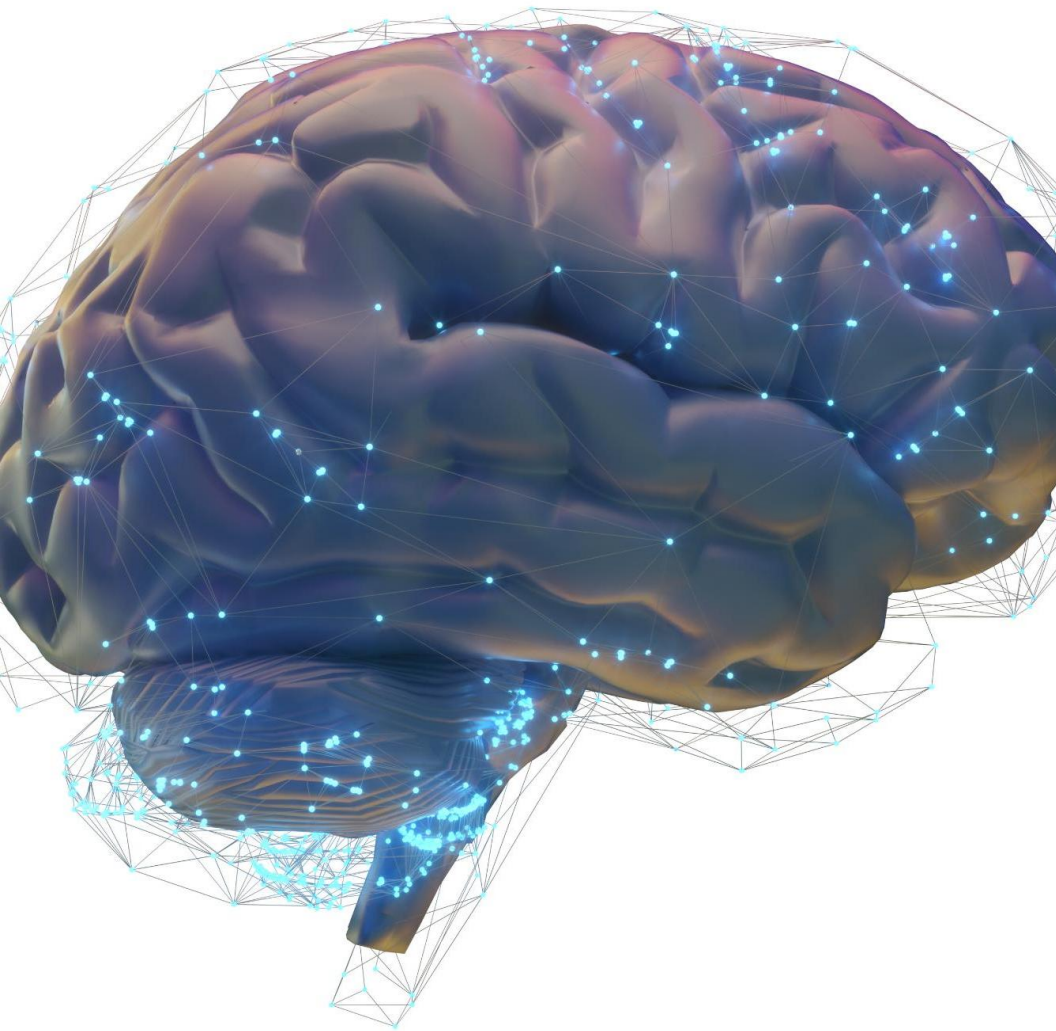


Behavioral and Mood Changes

Dementia patients may experience disorientation, mood swings, and personality changes.

The image features a stylized brain shape constructed from a complex network of glowing circuit lines and circular nodes, resembling a microchip or neural network. This brain-like structure is positioned in the upper half of the frame. Below it, a city skyline at night is visible, with numerous illuminated buildings and streets. The overall aesthetic is high-tech and digital. The text 'Types and Definitions of Dementia' is overlaid on the left side of the image in a large, bold, blue font.

Types and Definitions of Dementia



Definition and Core Domains of Dementia

Dementia Definition

Dementia is a syndrome that causes severe memory, thinking, and social difficulties, impacting daily life.

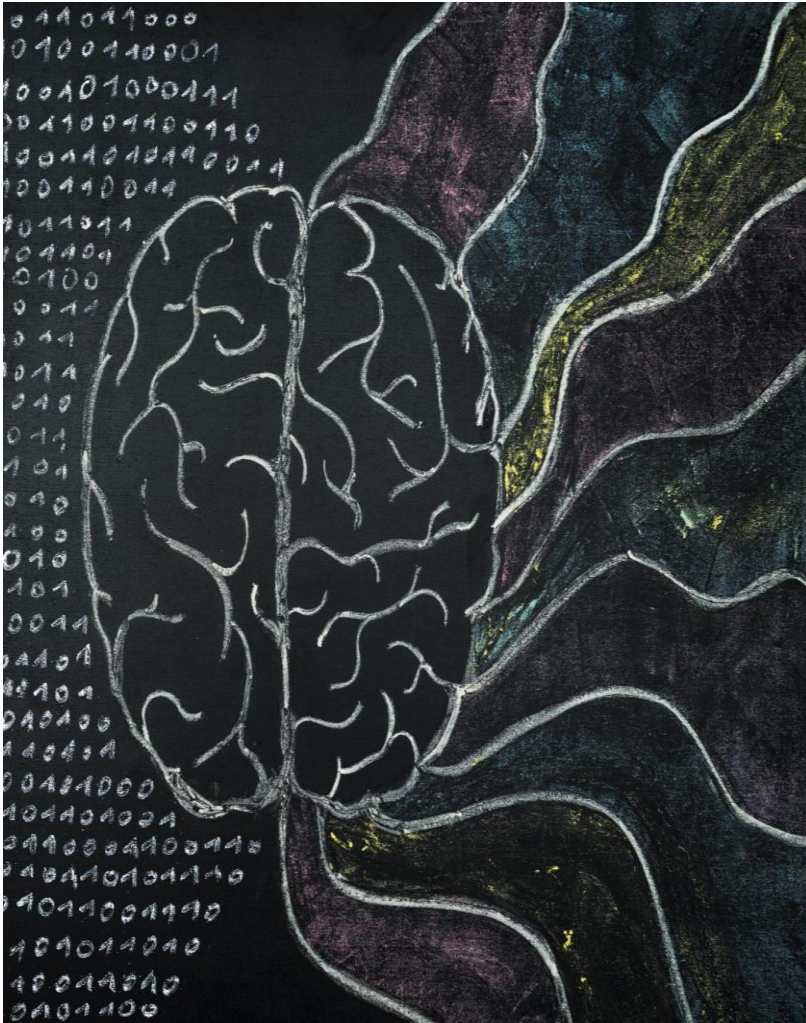
Core Cognitive Domains

Memory, executive function, language, attention, and visuospatial skills are key domains affected by dementia.

Diagnosis Process

Diagnosis involves medical history, cognitive tests, and brain imaging to identify causes and rule out reversible conditions.

Major Types of Dementia



Alzheimer's Disease

Alzheimer's is the most common dementia, marked by brain plaques and tangles affecting memory and cognition.

Vascular Dementia

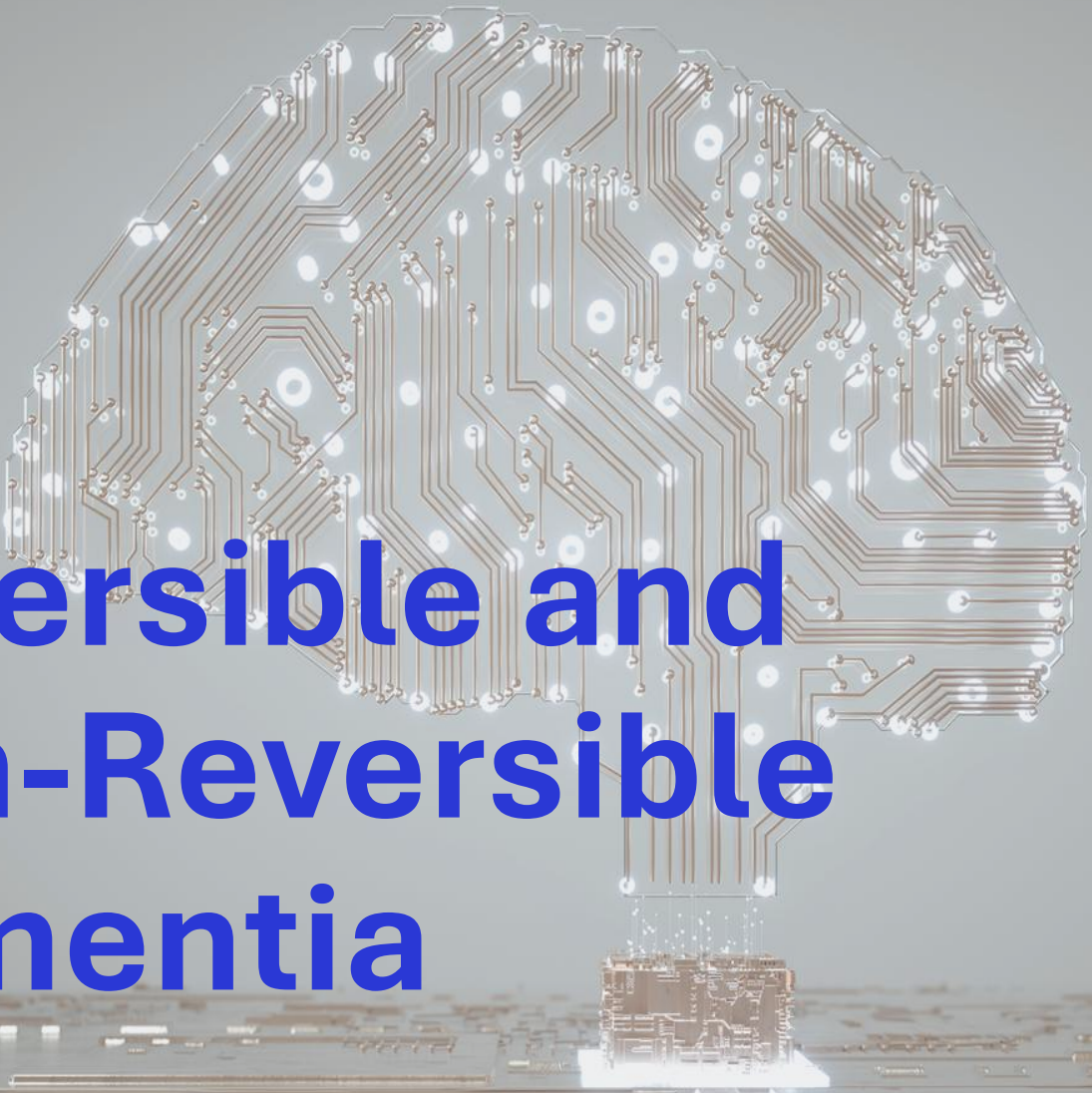
Caused by reduced blood flow often after strokes, leading to stepwise cognitive decline.

Lewy Body Dementia

Features visual hallucinations and motor symptoms similar to Parkinson's disease.

Frontotemporal Dementia

Affects personality and behavior due to degeneration of frontal and temporal brain lobes.



Reversible and Non-Reversible Dementia



Understanding Reversible Dementia

Causes of Reversible Dementia

Reversible dementia results from treatable conditions like vitamin B12 deficiency, thyroid problems, depression, and medication effects.

Importance of Medical Evaluation

Accurate medical evaluation distinguishes reversible dementia from permanent types enabling appropriate treatment.

Benefits of Early Treatment

Early intervention can restore cognitive function and prevent further decline in reversible dementia cases.

Non-Reversible Dementia Types

Types of Non-Reversible Dementia

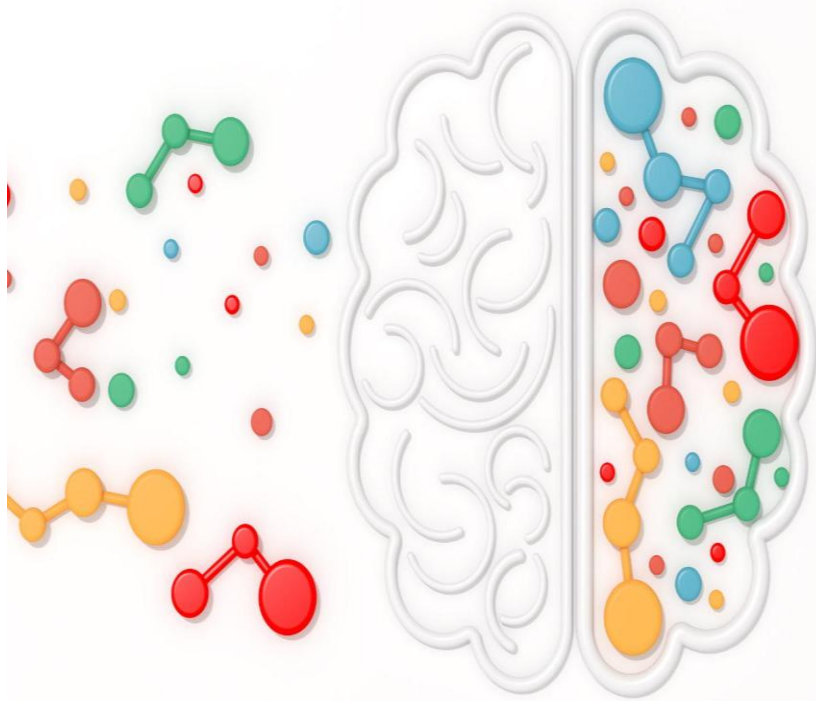
Alzheimer's, Parkinson's related, and Frontotemporal Dementia are key progressive neurodegenerative dementias.

Symptom Management

Symptoms cannot be cured but can be managed with medications, cognitive therapies, and supportive care.

Caregiver Preparation

Understanding dementia helps families plan for long-term care and make informed treatment decisions.





Alzheimer's Disease and Statistics

Overview of Alzheimer's Disease



Pathological Features

Alzheimer's is marked by amyloid plaques and tau tangles, which disrupt brain communication.

Symptoms Progression

Symptoms start with memory loss and worsen to confusion, disorientation, and language difficulties.

Impact on Society

Alzheimer's profoundly affects individuals, families, and healthcare systems globally.

Statistical Insights into Dementia



Global Dementia Prevalence

Over 55 million people worldwide live with dementia, with Alzheimer's Disease representing the majority of cases.

Age and Gender Factors

Dementia risk rises significantly after age 65, with women affected more due to longer life expectancies.

Economic Burden

The global economic cost of dementia exceeds \$1 trillion annually, including healthcare and caregiving expenses.

Need for Intervention

Statistics underscore the urgent need for research, early detection, and effective treatment strategies.



Signs, Symptoms, and Progression

Early Signs and Symptoms of Alzheimer's



Memory Loss Impact

Memory loss that disrupts daily life is a common early sign of Alzheimer's disease.

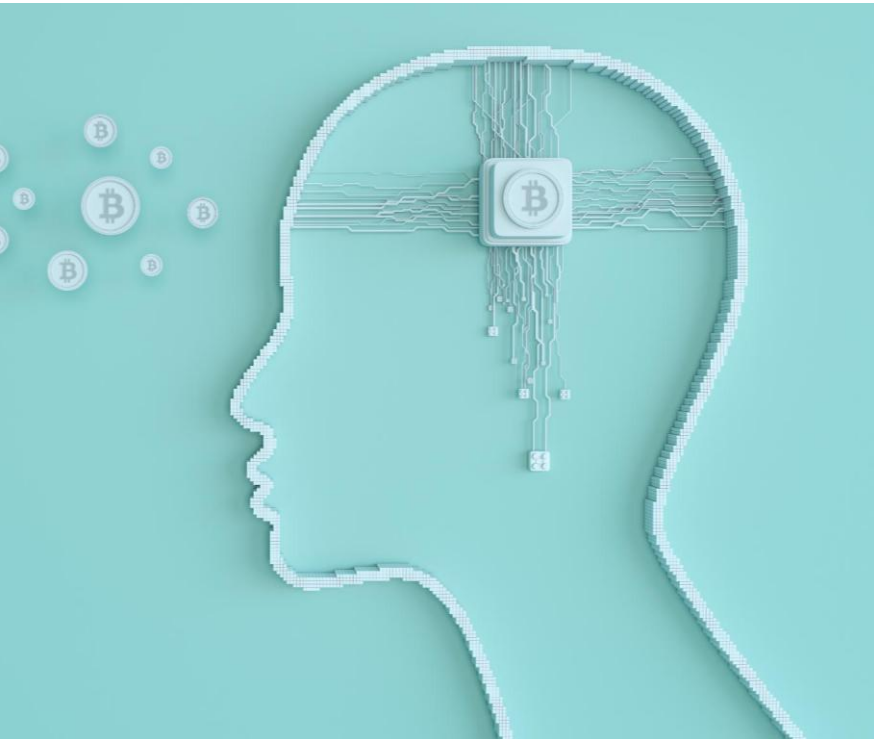
Cognitive Difficulties

Difficulty planning, solving problems, and confusion with time or place are early cognitive symptoms.

Behavioral Changes

Mood changes, personality shifts, and social withdrawal often occur in early Alzheimer's stages.

Onset Age and Disease Progression



Typical Onset Age

Alzheimer's commonly starts after age 65 but can begin as early as 40 in rare cases.

Risk Factors

Genetics, lifestyle, and cardiovascular health are key factors influencing Alzheimer's risk.

Disease Stages

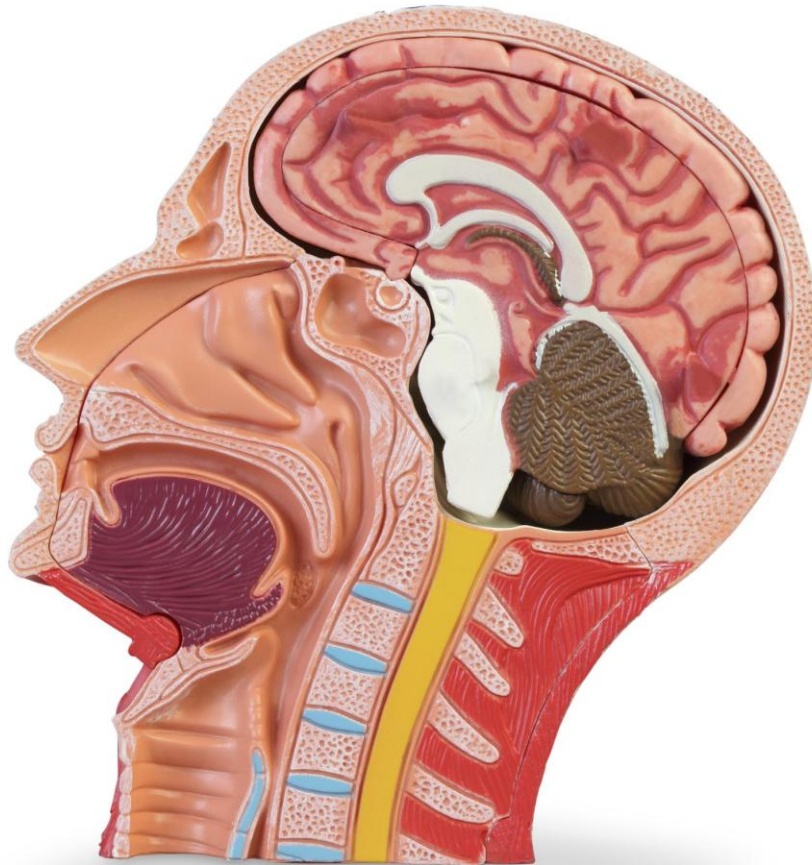
Alzheimer's progresses through mild, moderate, and severe stages with worsening symptoms.

Caregiver Planning

Understanding disease progression helps caregivers anticipate patient care needs more effectively.

The image features a large, stylized brain shape in the upper center, constructed from a complex network of glowing blue circuit lines and small, bright white nodes. This brain-like structure is positioned above a detailed, close-up view of a computer circuit board, which shows various components and traces. In the background, a blurred city skyline at night is visible, with lights from buildings creating a bokeh effect. The overall composition suggests a connection between human cognition and modern technology.

Other Dementias and Communication Strategies



Key Features of Other Dementias

Vascular Dementia

Vascular Dementia often follows strokes and causes a stepwise decline in cognitive and functional abilities.

Lewy Body Dementia

Lewy Body Dementia features visual hallucinations, sleep disturbances, and Parkinson-like motor symptoms.

Frontotemporal Dementia

Frontotemporal Dementia affects younger people, causing dramatic personality and behavior changes.

Effective Communication with Dementia Patients



Patience and Empathy

Effective communication with dementia patients requires patience and empathy to build trust and understanding.

Simple Clear Language

Use simple, clear language and maintain eye contact to foster connection and avoid confusion.

Validating and Redirecting

Avoid arguing; validate feelings and gently redirect conversations to reduce distress.

Non-Verbal Cues and Environment

Use gestures and facial expressions to create a calm, supportive environment that reduces anxiety.



Caregiver Support and Conclusion

Practical Tips for Caregivers



Calm and Structured Environment

A calm, predictable setting helps reduce confusion and agitation for individuals with dementia.

Visual Cues and Reminders

Use visual aids and reminders to support memory and daily routines effectively.

Encourage Independence

Promote independence in daily tasks to maintain dignity and boost self-esteem.

Caregiver Support

Seek respite care, counseling, and community resources to manage stress and prevent burnout.

Conclusion and Key Takeaways



Understanding Dementia

Dementia affects millions worldwide and differs from normal memory changes, requiring a specific understanding.

Early Signs Recognition

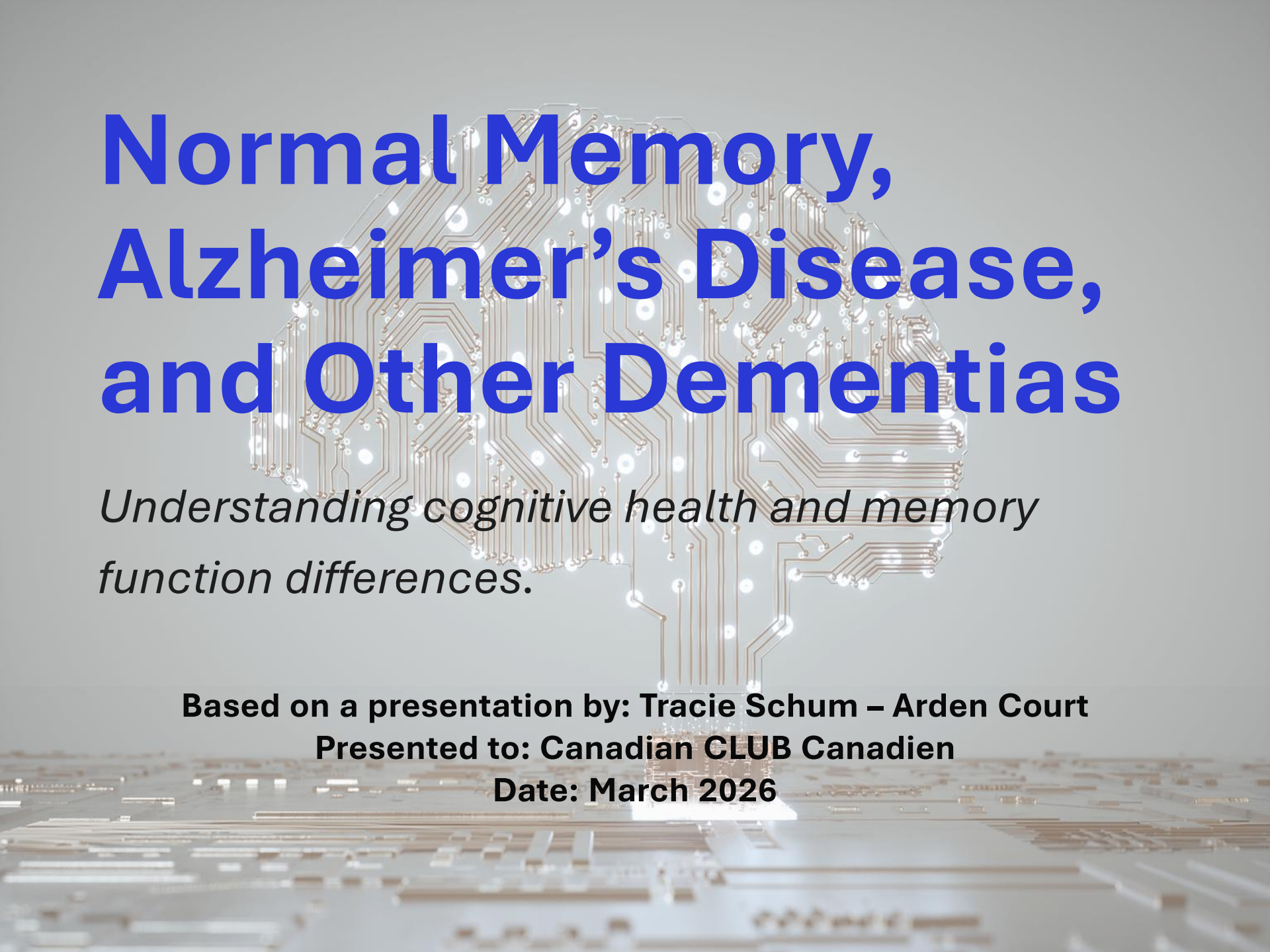
Recognizing early signs of dementia is critical for timely intervention and effective care management.

Caregiver Support

Effective communication and caregiver support improve the quality of life for people living with dementia.

Importance of Compassionate Care

Compassionate care and early detection significantly impact dementia management and patient well-being.



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