

Dementia-

How research links to health
prevention and promotion.

2115040

Clare Cahill

This presentation examines Dementia and how it has affected patients who have been diagnosed with dementia and how there are numerous ways in which you could prevent it. I will explain why I decided to write a report about dementia and what I find interesting about it. I will look at how many people have been diagnosed with dementia in Swansea Bay health board between 2010 and 2020 and show my findings on a graph. Additionally, I will look at the percentage of people who are at risk of developing dementia due to being overweight, not exercising much, smoking, and consuming too much alcohol. As well as looking at which gender has the highest percentage of dementia diagnosed in the UK, I will examine the proportions of both men and women and put my findings in a chart and table.

Reason for choosing this topic.

- I choose to research dementia as it is a relevant topic in my place of work as I work with the elderly.
- interesting topic as the term dementia does not refer to just one disease.
- It covers a wide range of specific conditions, including Alzheimer's.
- studies report that staying mentally engaged throughout life can boost cognitive reserve,
- I find it intriguing that it is well known that keeping the brain active can delay the onset of dementia

(Alzheimer's Research UK, 2021)

Impact of Dementia on patients-

- dementia is a general term that refers to the impairment of memory, thinking, or making decisions that interferes with everyday activities.
- A person with dementia is not only suffering from a single illness but involves a range of symptoms caused by brain damage,
- Feelings may be more difficult for them to control, and they may have difficulty expressing themselves.
- The person may also seem disinterested in things or distant.
- Dementia patients may gradually lose their independence and become more dependent on others for both care and support.



How can dementia be prevented?

There are a few ways to help prevent Dementia-

- Overweight or obese people may benefit by losing even 5% to 10% of the excess weight, which will lower their chances of developing dementia. You are more likely to obtain all the nutrients your brain needs if you consume a balanced diet.
- Try to do a moderate-intensity aerobic activity for at least 150 minutes each week, like walking briskly, cycling or dancing. The ability for your brain to cope with illness, relieve stress, and improve your mood may be enhanced by mental or social activities.
- Men and women should limit their alcohol consumption to 14 units a week. You expose your brain to high levels of harmful chemicals when you drink too much alcohol at one time.
- Do not smoke. If you smoke, try quitting. It is proven that smoking adversely affects the circulation of blood throughout the body, especially the blood vessels in the brain, the heart, and lungs.
- By getting a health check, you can check for early signs and learn if you are at higher risk of certain health problems that can also increase the risk of dementia.



(Strum.j. 2021)(John Hopkins
Medicine, 2022)

Medication used to treat dementia.

Unfortunately, there is no drug that can cure dementia. However, some of its symptoms can often be relieved, that being said some medicines for Alzheimer's disease can ease the symptoms for a while, or even slow down the progression of the disease in some individuals. For dementia sufferers, the main objectives of treatment are to reduce symptoms, maintain function, and, as a result, promote independence. The medications used to treat dementia may help with symptoms of cognitive decline, in addition to those of mood and behaviour changes. In addition to drug treatments, there are also many non-drug therapies that can assist someone suffering from dementia.



Results of dementia research

To summarize, this research I have done has defined dementia and taken an informed approach to looking at the number of patients with dementia in Swansea Bay health board, finding that the number of cases of dementia had been increasing until 2020 when it drastically decreased. Furthermore, the report shows that obese people, those with little exercise, those who drink alcohol excessively and those who smoke are at an increased risk for dementia. Therefore, it is recommended that people must change their lifestyle. Moreover, I found that women have a much higher incidence of dementia than men do with 20% more women found to have the illness than men. The longer life expectancy of women may play a key role in the greater prevalence of dementia in women. There are a number of important changes which need to be made in order to decrease the chances of getting dementia.

Reference List

1. Alzheimer's Research UK (2021) Keeping the brain active may help prevent dementia, study suggests. Available at; <https://www.alzheimersresearchuk.org/keeping-the-brain-active-may-help-prevent-dementia-study-suggests/> (Accessed: 06 March 2022)
2. Alzheimer's Research UK (2022) A Marginalised Majority. Available at; <https://www.alzheimersresearchuk.org/wp-content/uploads/2015/03/Women-and-Dementia-A-Marginalised-Majority1.pdf> (Accessed on; 11 March 2022)
3. Alzheimer's society (2022) Physical exercise and dementia. Available at; <https://www.alzheimers.org.uk/about-dementia/risk-factors-and-prevention/physical-exercise#:~:text=Exercising%20in%20mid%2Dlife&text=Combining%20the%20results%20of%2011,reduced%20by%2045%20per%20cent.> (Accessed on; 11 March 2022)
4. Alzheimer's society (2022) Smoking and Dementia. Available at; <https://www.alzheimers.org.uk/about-dementia/risk-factors-and-prevention/smoking-and-dementia#:~:text=Overall%2C%20systematic%20reviews%20have%20estimated,increased%20risk%20of%20developing%20dementia.> (Accessed on; 07 March 2022)
5. John Hopkins medicine (2022) Dementia Prevention: Reduce Your Risk, Starting Now. Available at; <https://www.hopkinsmedicine.org/health/conditions-and-diseases/dementia/dementia-prevention-reduce-your-risk> (Accessed on; 07 March 2022)
6. Strum.j (2021) The recovery village. Available at; <https://www.therecoveryvillage.com/mental-health/dementia/is-dementia-hereditary/> (Accessed on 15 March 2022)
7. The BMJ (2018) Alcohol consumption and risk of dementia: 23 year follow-up of Whitehall II cohort study. Available at; <https://www.bmj.com/content/362/bmj.k2927#:~:text=Among%20those%20drinking%20%3E14%20units,increase%20in%20risk%20of%20dementia.> (Accessed on; 06 March 2022)
8. UCL (2020) Obesity linked to higher dementia risk. Available at; <https://www.ucl.ac.uk/news/2020/jun/obesity-linked-higher-dementia-risk> (Accessed on; 07 March 2022)