

EARLY ONSET DEMENTIA

DESCRIBES SYMPTOMS THAT AFFECT MEMORY, THINKING, AND SOCIAL ABILITIES IN A PERSON UNDER THE AGE OF 65.

May be caused by Alzheimer's disease or another disease / condition that damages or kills nerve cells and their connections in the brain.



SIGNS & SYMPTOMS

Cognitive Changes

- *Memory loss, confusion, and disorientation*
- *Difficulty communicating*
- *Difficulty reasoning or problem-solving*
- *Difficulty with visual & spatial abilities*
- *Difficulty with coordination & motor functions*

Psychological Changes

- *Personality changes & mood swings*
- *Depression*
- *Anxiety*
- *Inappropriate behavior*
- *Paranoia*



PREVENTION & TREATMENT

There's no sure way to prevent dementia, but the following might help:

- *Keep your mind & body active*
- *Quit smoking*
- *Get enough vitamins (particularly vitamin D)*
- *Manage cardiovascular risk factors like high blood pressure & cholesterol*
- *Maintain a healthy diet & get quality sleep*
- *Symptoms can sometimes be managed through medication & therapies*

