

# The Difference Between Dementia & Alzheimer's Disease

## What Is Dementia?

Dementia is not a disease, but a group of symptoms that are associated with a decline in thinking, reasoning, and/or remembering. If someone has dementia, they may have difficulty carrying out daily tasks they have performed routinely and independently throughout their lives.

## What Is Alzheimer's Disease?

Alzheimer's disease is the most common disease where dementia is the leading symptom, and this terminal, progressive brain disorder has no known clear cause or cure. It slowly steals the minds of its victims, leading to memory loss, confusion, impaired judgment, personality changes, disorientation and the inability to communicate. Dementia usually occurs in the mid to later stages of Alzheimer's disease.



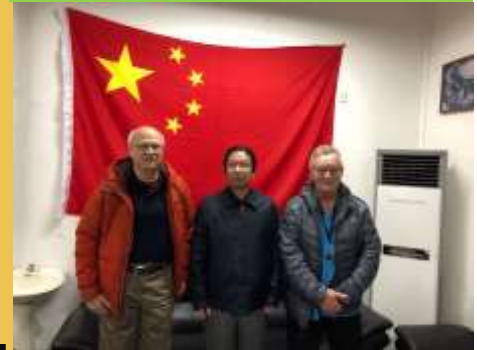
To find out what is causing dementia symptoms, you need to undergo a thorough check-up with your doctor in order to determine what exactly is causing these symptoms. The check-up may include: blood tests, mental health evaluations, or brain scans.



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## Seek Help as Soon as Possible

Doctors often can accurately diagnose the dementia symptoms in most cases. If you know someone who appears to be losing mental abilities to a degree that interferes with daily activities and social interactions, consult a doctor right away. There are some medications and treatments that may help manage some of the symptoms, so it's important to seek help as soon as possible.



## Outreach

Our Vice President, Tom, recently got back from a trip he took to China as a Professor with Benedicting University to The Dulin Medical School to teach a class on Public Health for Vulnerable Populations. To see more pictures and information about Tom's trip check out our blog at: <https://snugandcomfortageingboldly.weebly.com>

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