



Vascular Dementia

Considered to be the second most common form of dementia, vascular dementia develops when damaged blood flows into the brain robbing it of the food and oxygen it needs.

Diagnosis

This disease is most easily diagnosed after a person has suffered a major stroke which blocks and disrupts the blood supply to portions of the brain.

The cause can also be determined after a person has had a series of small strokes.



Symptoms

Symptoms vary depending on the brain area(s) deprived of blood. Symptoms include:

- Memory problems
- Confusion
- Difficulty concentrating and communicating. One may also experience difficulty in planning and following instructions.
- Inability to carry out daily tasks
- Physical symptoms such as sudden weakness, difficulty speaking or confusion

Treatment

Vascular dementia is closely tied to the diseases of the heart and blood vessels possibly making it the most treatable form of dementia.

There are no drugs currently approved by the FDA to treat this disease.

Prevention

Managing risk factors such as high blood pressure, blood sugar, cholesterol and weight are very important.



Avoiding smoking and excess alcohol and the treatment of underlying heart/vascular system may also play an important role and may help the symptoms from getting worse.

Source:

*The Alzheimer's Association www.alz.org
1-800-272-3900*