

Dementia



Dementia is a broad term that describes a group of symptoms that affect memory, thinking and social abilities to the point where it interferes with a person's daily life.

What are the Symptoms?

- Memory Loss
- Difficulties with problem-solving
- Confusion in familiar environments
- Changes in mood and behavior



Modifiable Risk Factors

- Lack of Exercise
- Unhealthy Diet
- High blood pressure & cholesterol
- Uncontrolled blood sugar levels
- Smoking
- Heavy alcohol use
- Vitamin or nutritional deficiencies

50

Million

people have dementia worldwide. Every year there are nearly 10 million new cases. Although commonly diagnosed in older adults, it is not a part of normal aging.



provides daily activity, healthy meal options, health education sessions, and resources for community members at risk or suffering with dementia symptoms and their caregivers.