## 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.

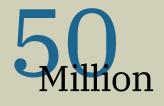


## What are the Symptoms?

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



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.