

VASCULAR DEMENTIA

Vascular dementia refers to a set of symptoms caused by inadequate blood supply to the brain. Symptoms can vary depending on the extent of the brain injury caused by low blood supply. Some common symptoms include:



Cognitive impairments including memory loss, difficulty focusing or following series of steps



Difficulty with speaking or understanding speech

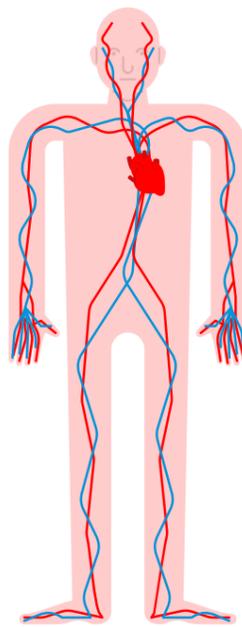


Physical impairments such as poor balance or difficulty walking

Though vascular dementia is the second most common type of dementia, many experts believe it is underdiagnosed. Currently, it is estimated the vascular dementia accounts for 5%-10% of all dementia cases in the US.



Vascular dementia can occur after a stroke, which causes a block in a brain artery. These types of blocks prevent the vital flow of blood to the brain.



Other conditions such as high blood pressure or diabetes, can cause chronic damage to brain blood vessels, which can lead to vascular dementia.



Currently, no treatments can cure vascular dementia. However, many of the medications prescribed to address the symptoms of Alzheimer's disease may also address the symptoms of vascular dementia. The healthy habits listed below can prevent the worsening of vascular dementia or reduce risk of vascular dementia onset.



Maintain healthy blood pressure, cholesterol, and blood sugar levels.



Exercise regularly to promote cardiovascular health.



Not smoking reduces your risk of cardiovascular diseases, including vascular dementia.



A balanced diet and limited alcohol consumption can help with weight maintenance and promote overall health.