



Memory Loss and Dementia

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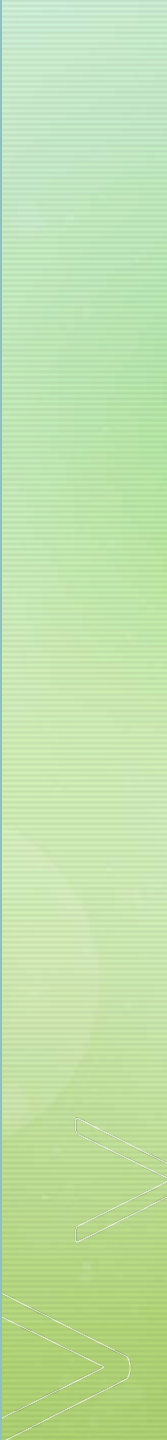
Geriatrician

Zoom Poll

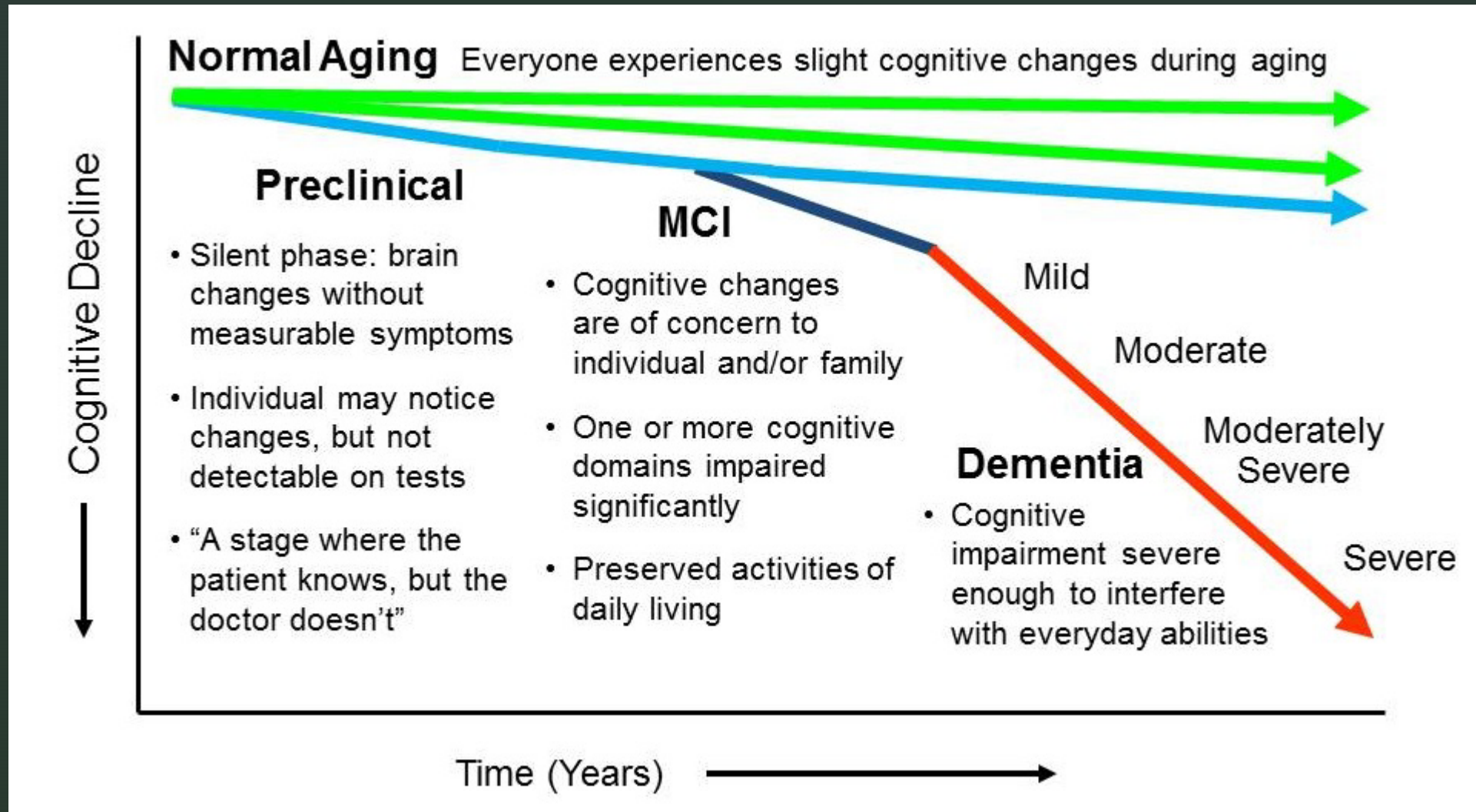
- Select an option that fits you the best:
 - A. I am a current caregiver or family member of an individual with memory disease
 - B. I have a memory disease
 - C. My family and I do not have memory problems, I am here to learn



Objectives

1. Overview of memory loss disorders in the elderly
 2. Review strategies to improve cognitive health
 3. Discuss tips and recommendations for caregivers of loved ones with dementia
- 

Spectrum of cognitive impairment



Forgetfulness: Normal or Not?

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Mild Cognitive Impairment (MCI)

- Memory or other cognitive problems are noticeable but not severe enough to interfere with basic living skills or work.
- Due to variety of medical and mental health conditions, can be precursor to progressive dementia like Alzheimer's Disease (10-15% of people with MCI progress to AD each year)

DEMENTIA

an umbrella term used to describe a set of symptoms that can include changes in:



and must be severe enough to interfere with a persons ability to function.

Dementia statistics



More than **6 million** Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 13 million.



1 in 3 seniors dies with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined.



In 2020, COVID-19 contributed to a **17% increase** in Alzheimer's and dementia deaths.

11% of people age 65 and older in the U.S. have dementia
16% of people age 65 and older in the U.S. have Mild Cognitive Impairment (MCI)

DEMENTIA

An “umbrella” term used to describe
a range of symptoms associated with cognitive impairment.

ALZHEIMER'S
50% - 75%

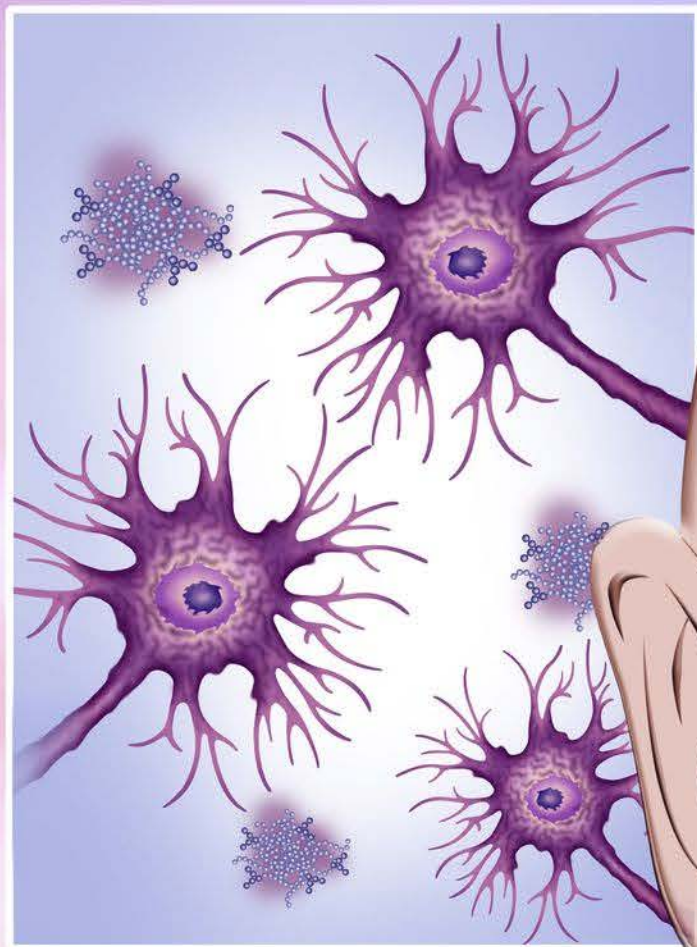
VASCULAR
20% - 30%

LEWY BODY
10% - 25%

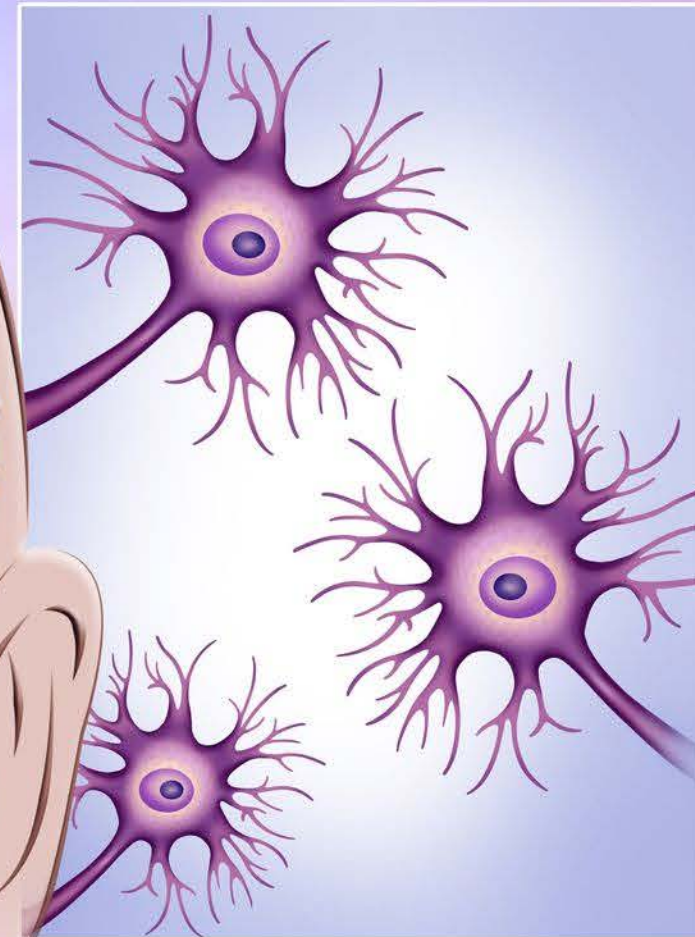
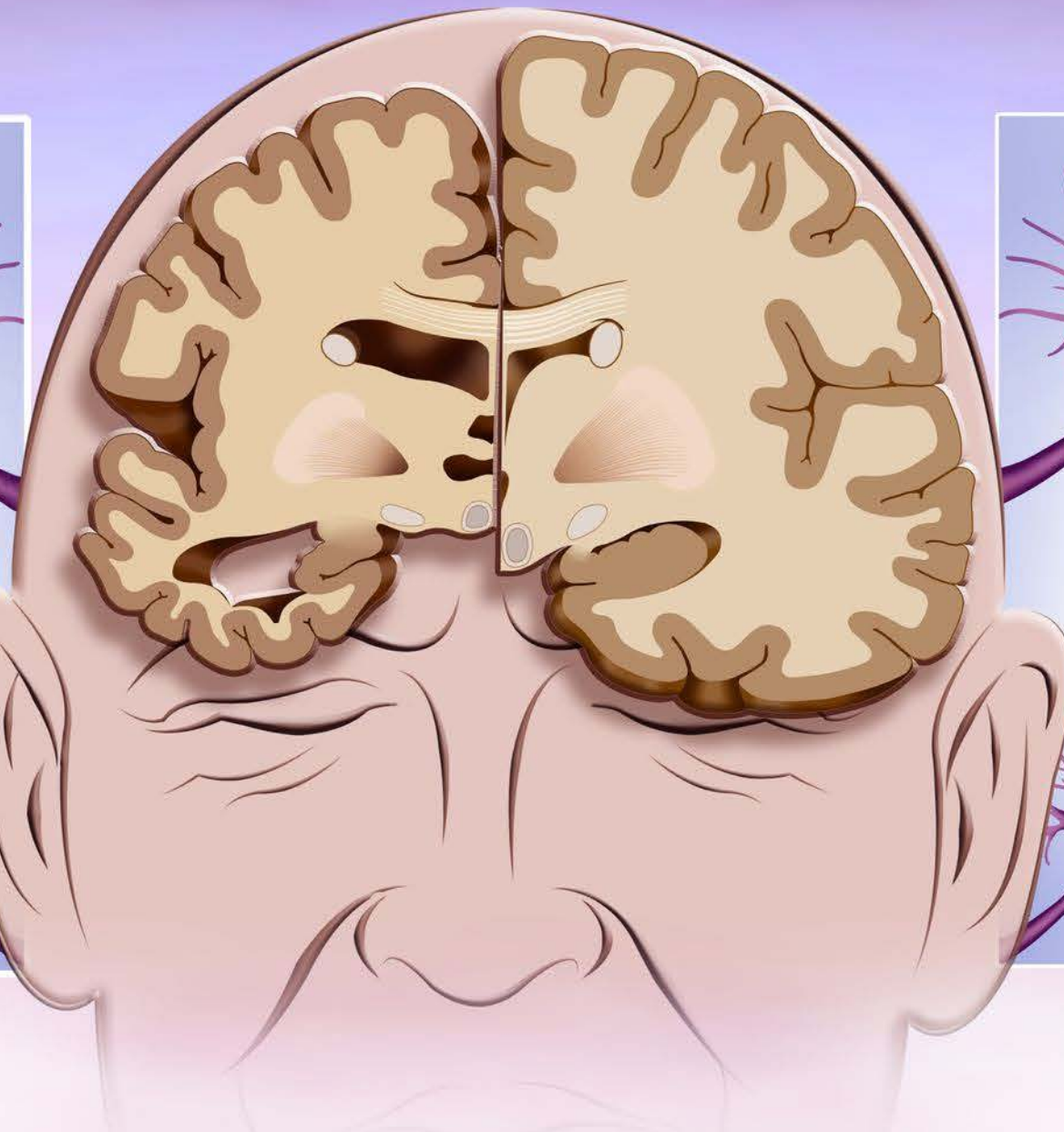
FRONTOTEMPORAL
10% - 15%

Mixed dementia

Other dementia:
Parkinson's,
Huntington's, head
trauma, HIV,
alcohol related,
Creutzfeldt-Jakob
disease,
corticobasal
degeneration,
progressive
supranuclear palsy

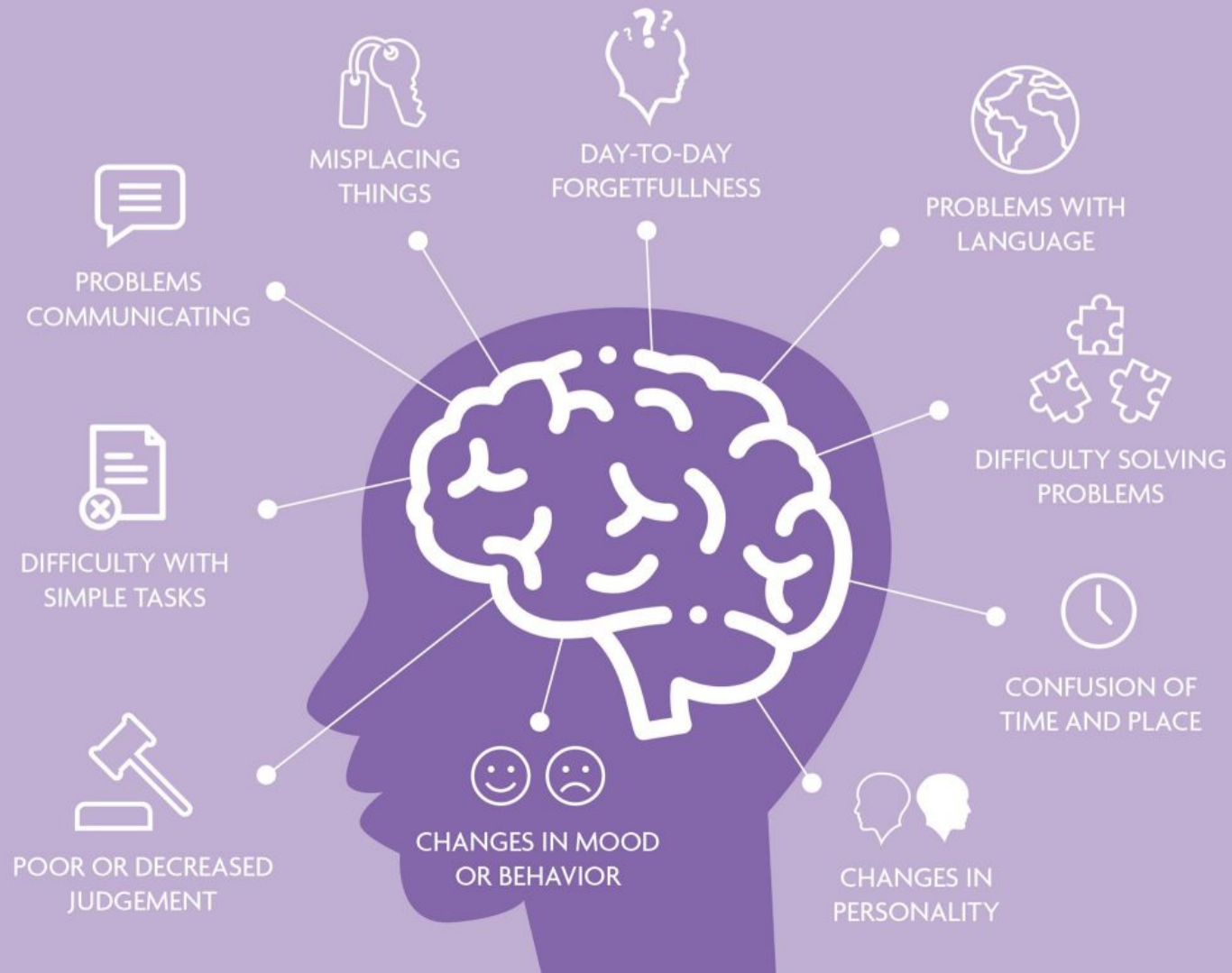


DEMENTIA



NORMAL

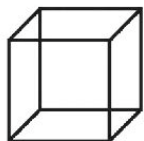
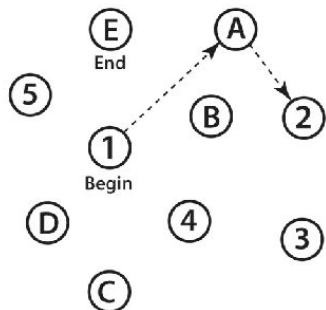
THE 10 SIGNS OF DEMENTIA



Diagnosis and Treatment

- Diagnosis:
 - Dementia is a clinical diagnosis.
 - Diagnosed by primary care doctor, geriatrician, neurologist or psychiatrist.
 - Cognitive assessments, e.g. MOCA, MMSE
 - Laboratory tests and imaging
- Treatment:
 - No cure, but there are treatments available that can temporarily increase functioning
 - Donepezil, Memantine
 - Aducanumab –MCI, Alzheimer's disease, controversial
 - Mood medications
 - Non-pharmacological behavior interventions

VISUOSPATIAL / EXECUTIVE



Copy
cube

Draw CLOCK (Ten past eleven)
(3 points)

POINTS

[]

[]

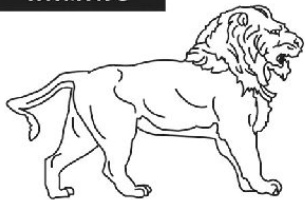
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Contour

[]
Numbers

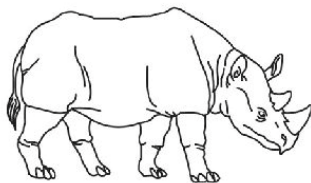
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Hands

___/5

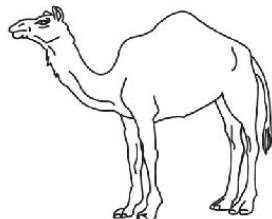
NAMING



[]



[]



[]

___/3

MEMORY

Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DAISY	RED
1st trial					
2nd trial					

No points

ATTENTION

Read list of digits (1 digit/ sec.).

Subject has to repeat them in the forward order [] 2 1 8 5 4
Subject has to repeat them in the backward order [] 7 4 2

___/2

Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors

[] FBACMNAAJKLBAFAKDEAAAJAMOF AAB

___/1

Serial 7 subtraction starting at 100

[] 93

[] 86

[] 79

[] 72

[] 65

4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt

___/3

LANGUAGE

Repeat : I only know that John is the one to help today. []

The cat always hid under the couch when dogs were in the room. []

___/2

Fluency / Name maximum number of words in one minute that begin with the letter F

[] _____ (N ≥ 11 words)

___/1

ABSTRACTION

Similarity between e.g. banana - orange = fruit

[]

train - bicycle []

watch - ruler

___/2

DELAYED RECALL

Has to recall words

WITH NO CUE

FACE	VELVET	CHURCH	DAISY	RED
[]	[]	[]	[]	[]

Points for
UNCUED
recall only

___/5

Optional

Category cue

--	--	--	--	--

Multiple choice cue

--	--	--	--	--

ORIENTATION

[] Date

[] Month

[] Year

[] Day

[] Place

[] City

___/6


Mini-Mental State Examination (MMSE)

Patient's Name: _____

Date: _____

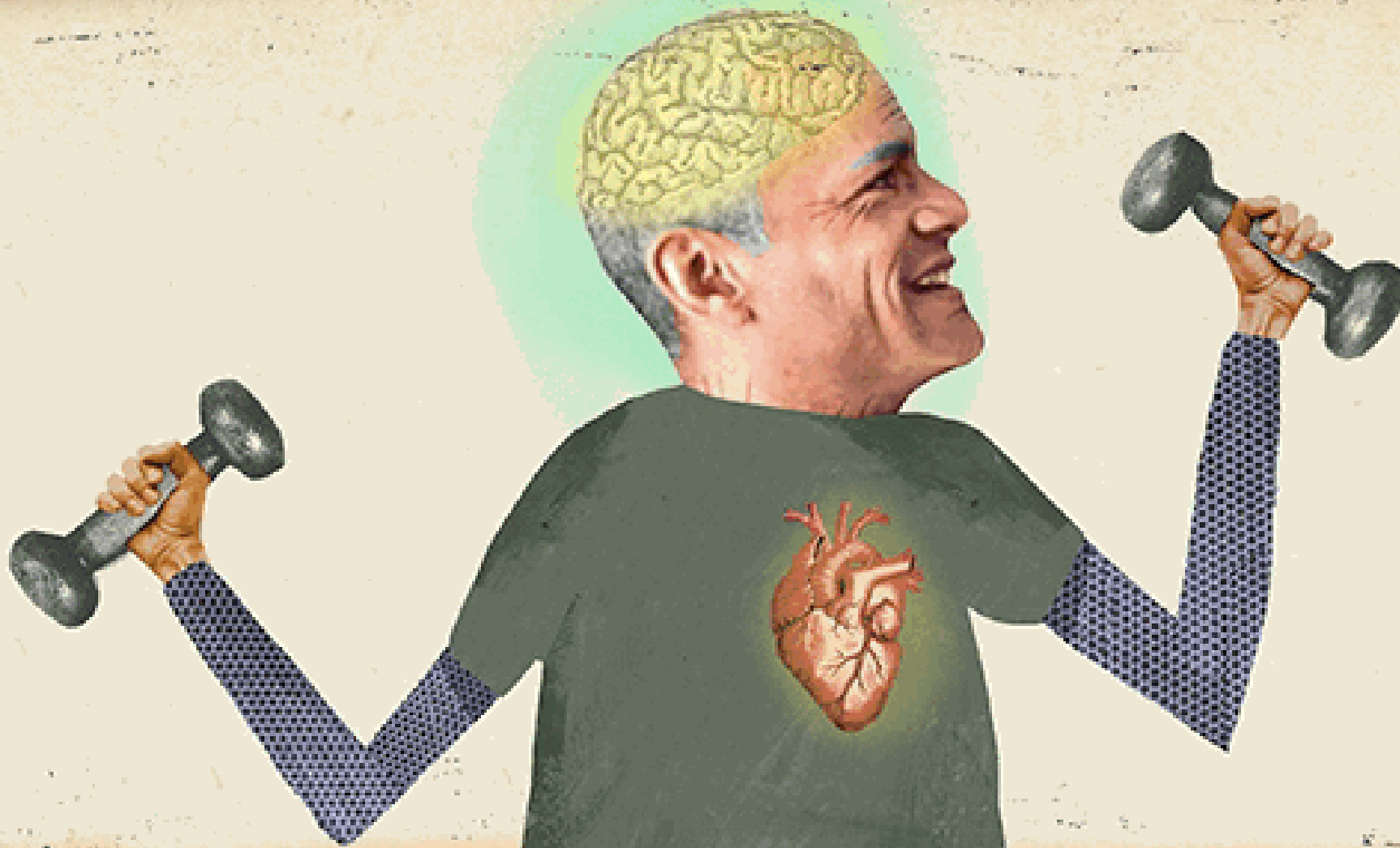
Instructions: Ask the questions in the order listed.

Score one point for each correct response within each question or activity.

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day of the week? Month?"
5		"Where are we now: State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: "Spell WORLD backwards." (D-L-R-O-W)
3		"Earlier I told you the names of three things. Can you tell me what those were?"
2		Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
1		"Repeat the phrase: 'No ifs, ands, or buts.'"
3		"Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1		"Please read this and do what it says." (Written instruction is "Close your eyes.")
1		"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)
1		"Please copy this picture." (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.) 
30		TOTAL



Strategies to Improve Cognitive Health



What's Good For The Heart Is Good For The Brain

Streeter

DEMENTIA

9 WAYS TO REDUCE YOUR RISK

1 IN 3

cases of dementia
could be prevented
by addressing these
lifestyle factors



INCREASE

Education
Physical
Activity
Social
Contact

DECREASE

Hearing Loss
Hypertension
Obesity
Smoking
Depression
Diabetes

Source: Lancet Commission on Dementia Prevention and Care
Credit: Keck Medicine of USC

“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

ROSALYN CARTER



Over
11 million
Americans

provide unpaid care for
people with Alzheimer's or
other dementias



These caregivers
provided more than
16 billion hours
valued at nearly

\$272
billion

■ Tips and Recommendations for Caregivers

- Maximize independence while keeping loved ones safe
- Create a daily routine, set up reminders, plan for activities
- Plan ahead- legal, financial, long-term care planning
- Join support group (e.g. Alzheimer's Association), build a support network
- Take care of yourself, ask for help, use respite care

Caregiver resources

- Educational programs and dementia care resources through Alzheimer's Association <https://www.alz.org/>
- <https://www.alzheimers.gov/>
- Memory clinic educational programs and resources
- Helen C. Kales, MD. *The DICE Approach: Guiding the Caregiver in Managing the Behavioral Symptoms of Dementia*
- Beth Spencer & Laurie White. *Coping with behavior change in dementia: A family caregiver's guide*

Signs of Caregiver Burnout

Denial about the disease and its effect on the person who has been diagnosed

Anger or frustration that he or she can't do the things they used to be able to do.

Social withdrawal from friends and activities that used to make you feel good.

Anxiety about the future and facing another day.

Depression that breaks your spirit and affects your ability to cope.

Exhaustion that makes it nearly impossible to complete necessary daily tasks.

Sleeplessness caused by a never-ending list of concerns.

Irritability that leads to moodiness and triggers negative responses and actions.

Lack of concentration that makes it difficult to perform familiar tasks.

Health problems that begin to take a mental and physical toll.



**Respite is not a luxury.
It is a vital necessity.**



Questions?



References

- What is Dementia. Glasgow Memory Clinic. <https://glasgowmemoryclinic.com/about-memory-impairment/what-is-dementia/>
- Mild Cognitive Impairment. UC Irvine Institute for Memory Impairments and Neurological Disorders. <https://mind.uci.edu/dementia/mild-cognitive-impairment/>
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