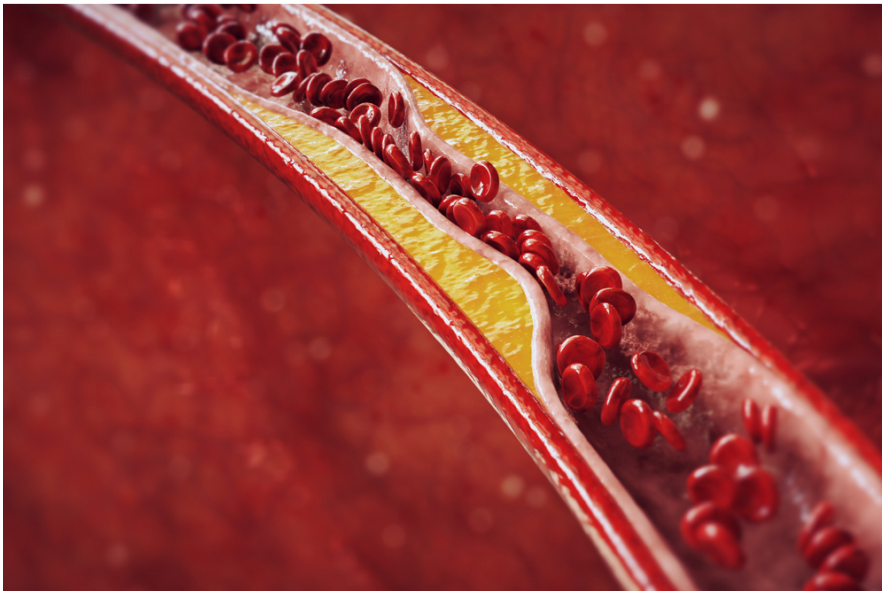




Vascular Dementia



Overview

This form of dementia is linked to a problem with blood flow to the brain. With this condition, the brain cells aren't getting enough blood, or the blood flow has been cut off for a period of time. This damages brain cells. It affects your memory, thinking and behavior.

Causes

What are the causes? Vascular dementia can happen after a stroke. It could result from bleeding in the brain. Or, it may be linked to diseases of the heart and blood vessels. This includes things like high blood pressure, diabetes and atherosclerosis. That's a buildup of plaque in your blood vessels that causes them to narrow.

Symptoms

What are the symptoms? Vascular dementia can cause memory loss. You may get lost in familiar places. You may misplace things. You may have trouble finding the right words as you speak. You may have trouble learning new things, and things that used to be easy for you may be difficult or impossible. Your personality may change. You may struggle with depression, anger or other emotions. And, you may not be able to make good decisions. Ask your doctor for a full list of symptoms.

Treatment

How do we treat it? You may benefit from medications and some types of therapy. And, we should treat the conditions that contribute to your dementia. In many cases, we may recommend a healthier lifestyle. That includes a healthy diet and regular exercise. You may also benefit from activities, like puzzles and games, that challenge your brain. Your doctor will create a plan that's right for you.