Dementia in 2015: Prevention, Assessment, Management & Future Direction”

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Whatever happened to our sexual relations?

I don't know. I don't even think we got a Christmas card from them this year.
What % of those at age 85 have Dementia?

1. 8%
2. 10%
3. 16%
4. 32%
5. 50%
Alzheimer’s Disease is the Disease of the 21st Century

2030

- USA – 15 million people with dementia
- Canada – 1.5 million people with dementia
Dementia: The Silent Epidemic

- A new case worldwide every 7 seconds
- A new case in Canada every 4 minutes (100,000 new cases per year), the prevalence will increase from now (450,000) to 750,000 by 2025
- 3rd most expensive disease in the Canadian Healthcare System
- 1 in 4 Canadians has a family member with dementia
- 1 in 2 Canadians knows someone with dementia
- Ontario has 100,000 drivers with dementia
What is Dementia?

Dementia is a set of symptoms, which includes loss of memory, understanding, and judgment.
How is Dementia different from Normal Ageing?

Many complain of decreased ability to remember things BUT

- Typically the information comes to the individual later
- These changes do not interfere with function/occupation
- These changes are not progressive
Dementia is . . .

**Progressive:** Changes from the disease increase over time

**Degenerative:** brain cells degenerate or break down

**Irreversible:** damage cannot be repaired
Spectrum of Cognitive Change

Normal Changes of Ageing

Mild Cognitive Impairment

Dementia

Lee, 2013
Spectrum of Cognitive Change

- Normal Changes of Ageing
  - Mild forgetfulness
  - Not progressive
  - No functional change
- MCI
  - Cognitive change with no functional change
- Dementia
  - Cognitive change causing functional loss
Dementia – not a disease, but a set of symptoms that accompanies a disease

First Link – Next Steps for Families
Reversible Components of Memory Loss

- Depression
- Medications
- Nutritional disorders
- Metabolic disorders
- Other
Early Stage

- Short-term memory loss
- Difficulty concentrating
- Trouble following directions
- Unable to find right words
- Trouble with doing more complicated activities of daily living
Early Stage

- Less sparkle, spontaneity, ambition
- Appears indifferent, decreased interest
- Withdrawal from usual activities
Early Stage

What is happening to me?

- Getting lost
- Appears vague, uncertain, hesitant to initiate activities
- Forgetfulness disruptive to formal routines
Middle Stage

- Continued Memory problems
- Personality & Behaviour changes
- Assistance needed for personal daily tasks
- More executive and visuospatial problems
- Capacity issues
Dementia Quick Screen: 2 Minutes

- 3 item recall (0-1 correct: OR 3.1)
- Animals in 1 minute (<15: OR 20.2)
- Clock drawing (abnormal: OR 24)
Alzheimer Risk & Protective Factors

Risk Factors

Genetic risk factors
- Family history (1° relative with AD 3.5 x risk)
- Female Gender
- Down’s Syndrome

Low Education
- Pre-existing lower mental ability

Head Trauma
Depression in men: 4x risk
Smoking: 2x risk
↓ TSH: 4 x risk
Exposure to toxins (pesticides, fertilizers…): 4 x risk

Vascular:
- Lacunar/deep white matter infarcts: 20 x risk
- Apolipoprotein E e4 especially E4/E4
- Hypertension & Hypotension
- Diabetes Mellitus
- Elevated homocysteine levels
- Decreased folate levels
- Increased lipids and/or cholesterol

Protective Factors

High Education
- Apolipoprotein E e2 or e3

Diet: Fish, vegetables
- Moderate Alcohol
- All lipid lowering drugs
- Statins
- NSAIDs?

Physical activity
- Mental activities
- Rich Social Networks

Treatment Options

1. Prevention

2. Manage your health concerns:
   - Treat risk factors
   - Review drug side effects

3. Anti-Dementia drugs

4. Education & family support

5. Future Planning
Prevention

1. Recognize and treat ALL VRFs (vascular risk factors)
2. Go play outside: Exercise: walking and pumping
3. Stay in school...and keep learning
4. Wear a helmet.
5. Eat like your Italian Momma.
Prevention

6. Go find a nice girl or boy (and get married)
7. I love to cook with wine and SOMETIMES I even put it in the food.
8. Don’t smoke or roll in the grass.
9. Go play with your friends.
10. Don’t Worry...Be Happy
Education

- Education is KEY!
  - First Link – the Alzheimer Society
  - Booklets – Dementia and Delirium
  - Depression
  - Medication Sheets
Community Resources

- Alzheimer Society
- Primary Care Outreach to Seniors
- Pharmacist at your local pharmacy
- Family Doctor
- Regional Geriatric Program Website
- Meal Delivery Services
- Senior Centers

- Emergency Response Systems,
- Safely Home – Medic Alert
- Private Nursing services
- Veterans Affairs
Advance Care Planning

“Advance Care Planning is a process of reflection and communication, a time for you to reflect on your values and wishes, and to let others know your future health and personal care preferences in the event that you become incapable of consenting to or refusing treatment or other care. “

“Advance care planning means having discussions with family and friends, especially the person who will speak for you when you cannot”

www.advancecareplanning.ca
Resources for Advance Care Planning

- Advance Care Planning Workbook – Ontario Version
- Advance Care Planning Quick Guide – Ontario version

- Community Legal Education Ontario “CLEO”
  - Power of Attorney for Personal Care
  - Ontario Attorney General Resources

  Google “Power of Attorney – Ontario”
Now! ...That should clear up a few things around here!