

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.



www.BrainConnection.com
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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



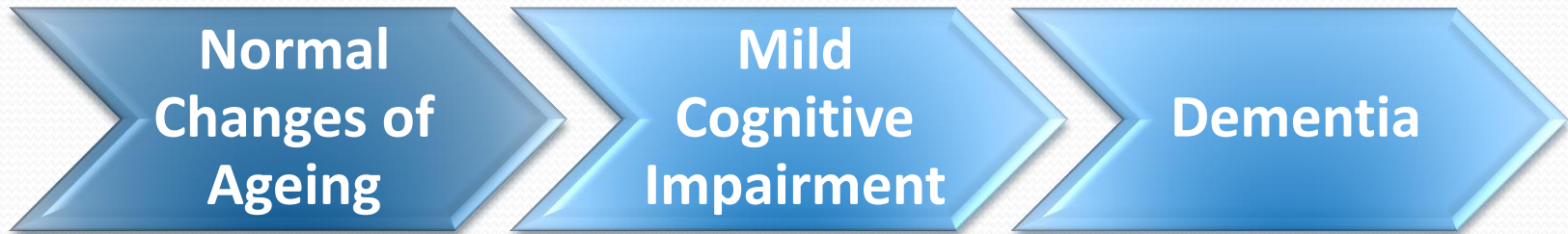
Dementia is . . .

Progressive: Changes from the disease increase over time

Degenerative: brain cells degenerate or break down

Irreversible: damage cannot be repaired

Spectrum of Cognitive Change

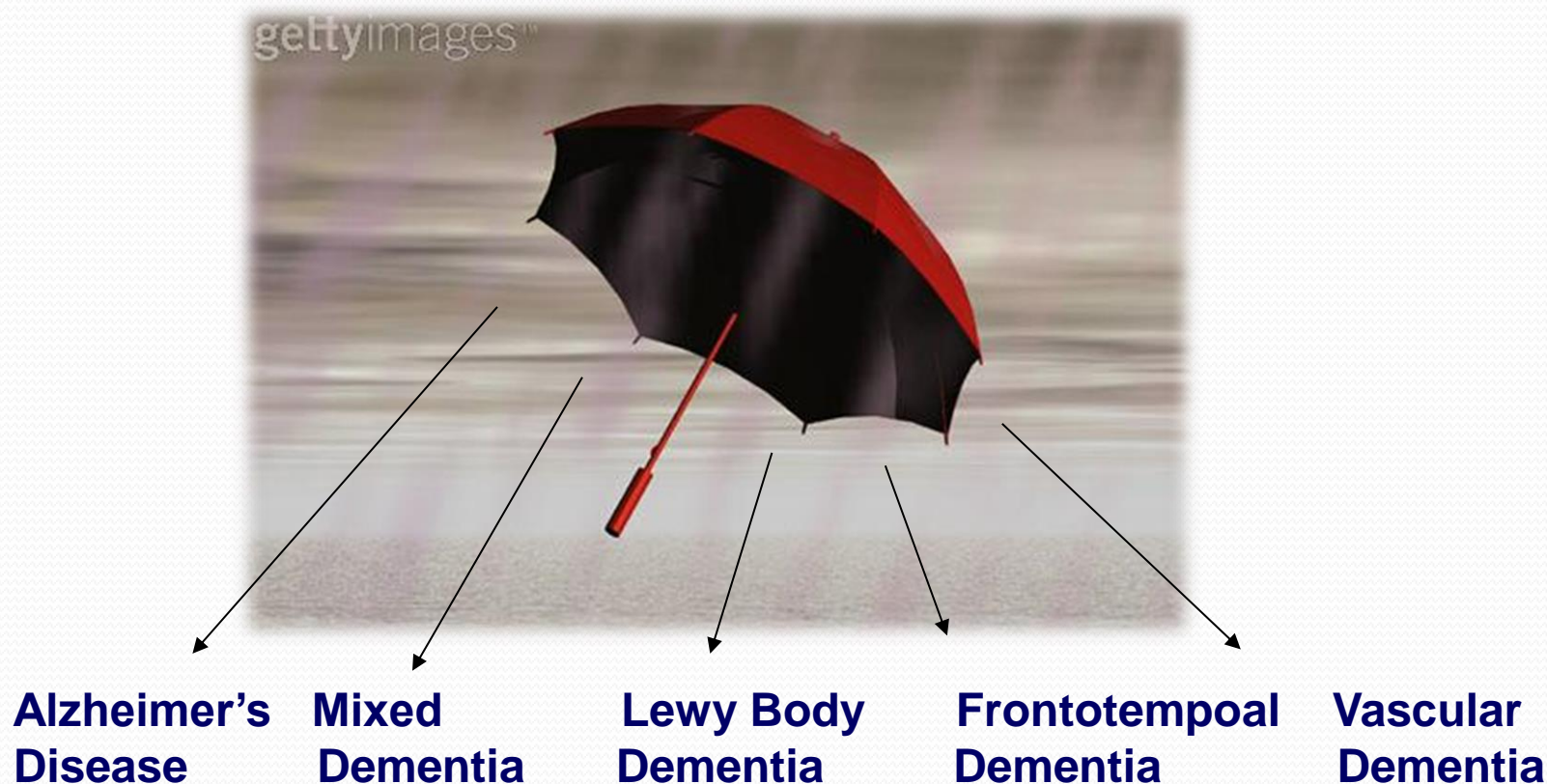


Lee, 2013

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



Reversible Components of Memory Loss

- Depression
- Medications
- Nutritional disorders
- Metabolic disorders
- Other



Early Stage

Signs

- 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

Personality

- 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

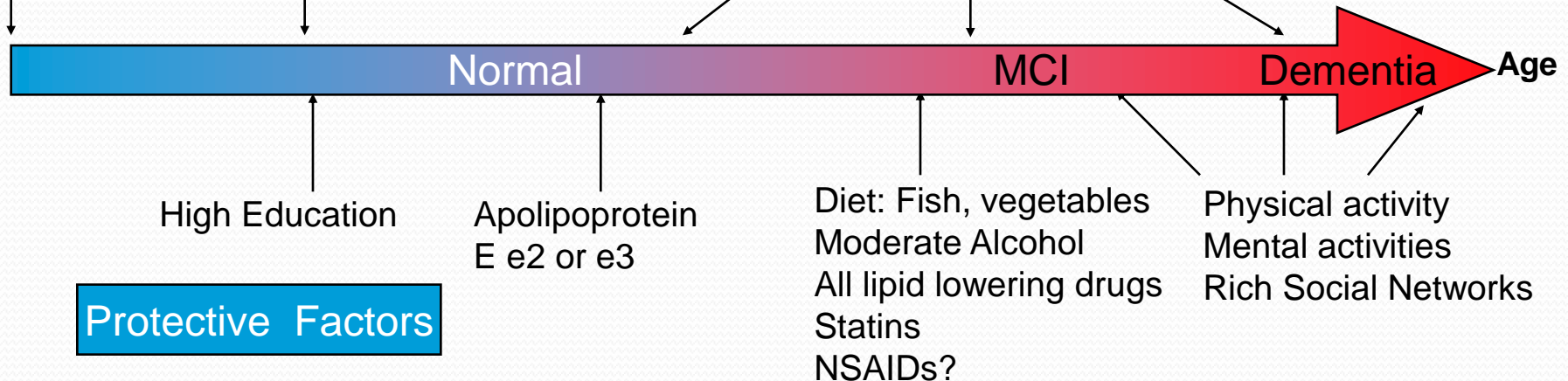
Risk Factors

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



Adapted from Fratiglioni et al, Lancet Neurology 2004; 343-53; Patterson et al. Alzh & Dementia 2007; 341-7; Scalco and van Reekum. Can Fam Physician 2006; 52: 200-7

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!