

American Dementia: Brain Health in an Unhealthy Society

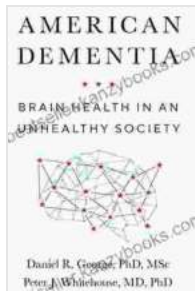
The Troubling Rise of Alzheimer's Disease and Other Dementias



Dementia is a general term for a decline in cognitive function severe enough to interfere with everyday activities. It is not a specific disease, but rather a group of symptoms that can be caused by a variety of underlying medical conditions, including Alzheimer's disease, vascular dementia, and Lewy body dementia.

American Dementia: Brain Health in an Unhealthy Society by Daniel R. George

★★★★☆ 4 out of 5



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Alzheimer's disease is the most common type of dementia, accounting for 60-80% of cases. It is a progressive disease that gradually destroys brain cells, leading to memory loss, confusion, and impaired judgment.

Vascular dementia is the second most common type of dementia. It is caused by damage to the blood vessels in the brain, which can lead to a stroke or a series of small strokes. Symptoms of vascular dementia can include memory loss, confusion, difficulty with problem-solving and decision-making, and changes in mood and behavior.

Lewy body dementia is a type of dementia that is caused by the accumulation of Lewy bodies, which are abnormal protein deposits, in the brain. Symptoms of Lewy body dementia can include memory loss, confusion, hallucinations, and movement problems.

The number of people with dementia is increasing rapidly. In the United States, there are currently an estimated 6.5 million people with Alzheimer's disease and other dementias. By 2050, that number is expected to grow to 13.5 million.

The rise in dementia is due to a number of factors, including the aging population, the increasing prevalence of obesity and diabetes, and the lack of effective treatments.

The Impact of Dementia on Individuals and Families



Dementia has a devastating impact on individuals and their families. People with dementia may lose their ability to drive, work, or manage their finances. They may also experience changes in their personality and behavior, which can make it difficult for them to interact with others.

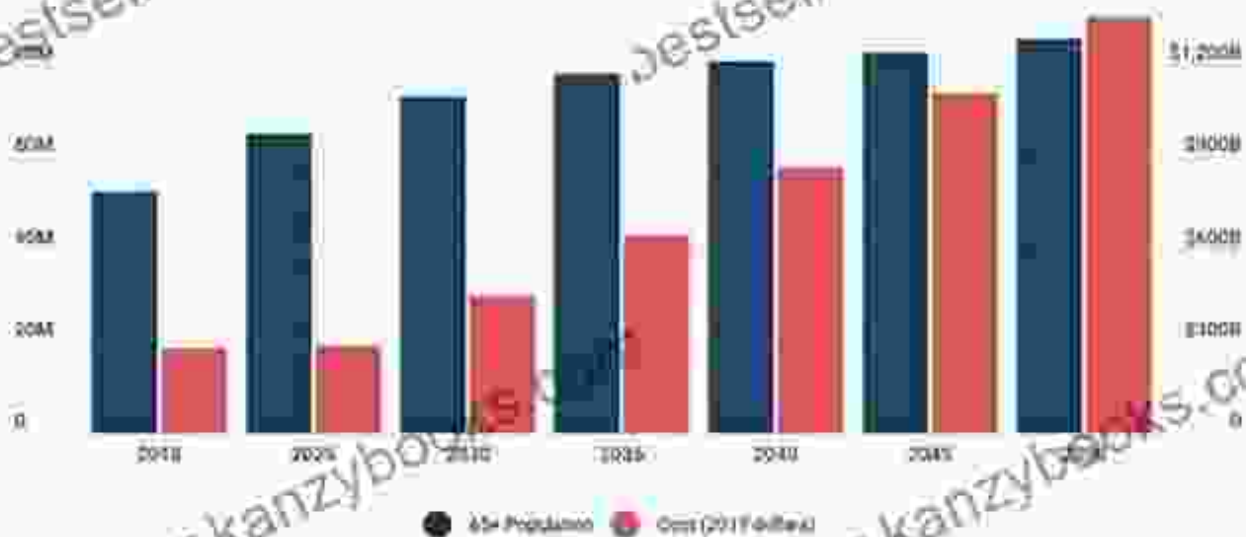
Caring for a loved one with dementia can be physically, emotionally, and financially draining. Caregivers may have to give up work to provide care, and they may also have to deal with the emotional stress of watching their loved one decline.

The Costs of Dementia

Total Alzheimer's medical & long-term care costs projected to rise with aging population

65+ population
100M

Expected cost
\$7,000



Source: Alzheimer's Association, 2018 Alzheimer's Disease Facts and Figures

Dementia is a costly disease, both for individuals and society as a whole. In the United States, the total cost of dementia care is estimated to be \$290 billion per year. This includes the cost of medical care, long-term care, and lost productivity.

The costs of dementia are expected to continue to rise in the coming years. As the number of people with dementia increases, so will the demand for care and services.

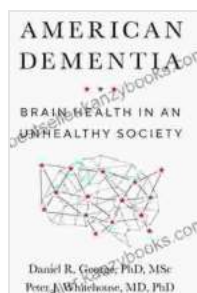
What Can We Do to Address the Dementia Crisis?

There is no cure for dementia, but there are things that we can do to address the dementia crisis and improve the lives of people with dementia and their families.

- **Increase funding for research.** We need to invest more money in research to find new ways to prevent, treat, and cure dementia.
- **Improve early diagnosis.** Early diagnosis of dementia is important because it allows people to get the support and services they need as soon as possible.
- **Provide more support for caregivers.** Caregivers need support and resources to help them care for their loved ones with dementia.
- **Create more dementia-friendly communities.** We need to create communities that are supportive and welcoming to people with dementia and their families.

Dementia is a serious public health crisis that is affecting millions of people around the world. We need to take action to address this crisis and improve the lives of people with dementia and their families.

By investing in research, improving early diagnosis, providing more support for caregivers, and creating more dementia-friendly communities, we can make a difference in the lives of people with dementia and their loved ones.



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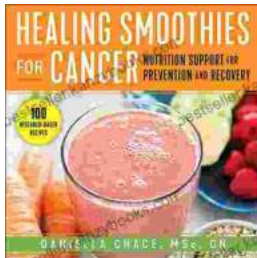
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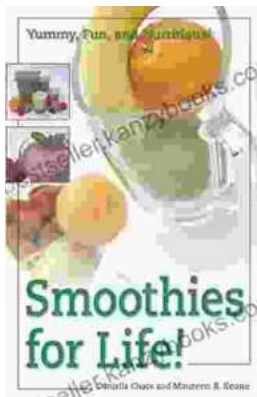
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