

Types of Dementia

Dementia is a loss of skills to think, remember and reason that is severe enough to affect daily activities. It is normal to need more time to remember things as we get older. Other thinking and reasoning skills should not change with age. There are different causes of dementia. Some can be treated and some cannot. Have a medical exam to learn the cause of dementia.

Common Causes of Dementia

Alzheimer's Disease

- Alzheimer's is the most common cause of dementia.
- It occurs from changes in the nerve cells of the brain.
- No one knows what causes Alzheimer's. It cannot be cured and will not go away.
- Signs include memory loss, confusion, poor judgment, and changes in language. These start slowly and worsen over time.
- Medicine can help slow down the disease or help with signs.

Vascular Dementia

- Vascular dementia is also known as multi-infarct dementia.
- Small blockages cause strokes that destroy small parts of the brain. You may not know when they occur.
- This dementia cannot be cured and will not go away.
- Signs can appear suddenly and vary on where the stroke was in the brain. New signs may occur with more strokes.
- Medicines and lifestyle changes can help keep the damage from getting worse.

痴呆的类型

痴呆是指严重丧失思维记忆和推理的技能，足以影响日常活动。随着我们衰老，需要更多时间记起事情是正常的。其他思维和推理的技能不应当随年龄而改变。痴呆有不同原因。有一些痴呆可以治疗，另一些不可治疗。做一次医检以了解痴呆的原因。

痴呆的常见原因

阿兹海默症

- 阿兹海默症是痴呆最常见的原因。
- 发生阿兹海默症是由于脑神经细胞有变化。
- 无人知道阿兹海默症由何引起。它不可治疗，将不会自行消失。
- 症状包括记忆丧失、意识混乱、判断力差和语言方面的变化。这些状况慢慢开始并渐渐恶化。
- 药物有助于减缓疾病或对症状有帮助。

血管性痴呆

- 血管性痴呆也称为多梗死性痴呆。
- 小小的堵塞引起中风从而损坏脑子的一小部分。这些情形发生时，你可能不知道。
- 这种痴呆不能治疗，将不会自行消失。
- 症状可能突然出现并随脑中风的部位而症状不一。随更多的中风可能会出现新症状。
- 药物和生活方式的改变能有助于控制损害的进一步恶化。

Parkinson's Disease

- Parkinson's disease affects the part of the brain that controls muscle movement.
- There is no cure. This disease often progresses slowly and the signs can be managed.
- The 4 most common signs of this disease are tremors, muscle stiffness, slow movement, and problems with balance and movement. As Parkinson's gets worse, some people develop dementia.
- Medicine, physical therapy and surgery are used to manage signs.

Normal Pressure Hydrocephalus (NPH)

- NPH is a rare condition where the flow of brain fluid is blocked. When the fluid builds up, it causes pressure on the brain.
- Swelling in the brain from infection, bleeding or injury may cause NPH. A brain scan, MRI or CT scan can help find this disease.
- Signs of NPH include memory loss and changes in the way a person walks.
- Surgery may help lessen these signs.

Talk to your doctor or nurse if you have any questions or concerns about dementia.

帕金森病

- 帕金森病影响控制肌肉运动的大脑部分。
- 无法治疗。此病经常缓慢进展，症状可以控制。
- 此病 4 个最普通的症状是震颤、肌肉僵硬、动作缓慢以及平衡和动作方面的问题。帕金森病恶化时，一些人发展为痴呆。
- 药物、理疗和手术可用于控制症状。

正常压力脑积水 (NPH)

- NPH 是一种不常见的情形，指脑液体的流动遭到阻塞。当液体积聚时，它对大脑引起压力。
- 由于感染、出血或损伤而引起的脑肿胀可能会引起 NPH。脑扫描、核磁共振成像或 CT 扫描能有助于发现此疾病。
- NPH 的症状包括记忆丧失以及一个人走路样子的改变。
- 手术可能有助于减轻这些症状。

若对痴呆有任何疑问或关注事宜，请告知你的医生或护士。

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