Dementia 101 - Causes

What is Dementia?

Dementia is a serious brain disease that affects memory, ability to make decisions, daily functioning, as well as mood and behavior. There are many different medical problems that can cause dementia. Dementia may begin as a problem remembering new information but slowly gets worse over time and causes problems with a person's ability to get through the day on their own. In the United States, Alzheimer's disease is the major cause of dementia.

What Causes Dementia?

Dementia can be caused by:

- Alzheimer's disease
- Parkinson's disease
- Strokes- either a big stroke or many smaller strokes over time
- AIDS
- Head injuries and concussions
- Heavy drinking
- Over- or under-active thyroid gland
- Low Vitamin B-12 levels
- Long term use of certain medications
- …and a number of other possibilities

Have questions? Ask your doctor or health care provider at your next appointment.

Dementia. (2019). Retrieved from https://medlineplus.gov/dementia.html

What is Dementia? (n.d.). Retrieved from https://www.alz.org/alzheimers-dementia/what-is-dementia