

12<sup>th</sup> International Conference on

# Alzheimer's Disease & Dementia

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## Pharmacological & non-pharmacological approaches to live well with Dementia

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Dementia is a neurodegenerative syndrome of progressive decline in memory, intellect, social skills and overall function. Alzheimer's disease accounts for approximately 75% of all dementia cases. Three out of 10, aged above 85 have dementia. In 2018, 425,416 people were living with Dementia in Australia, 55% amongst who were females. Number will rise to 1 million by 2056. Dementia is the second leading cause of death and also the single greatest cause of disability among older Australians. Initial approach is to find a balance between autonomy and safety. Anti-dementia meds, and rehabilitation & psychosocial interventions only delay cognitive & functional decline, however; don't prevent or modify dementia. Severity of behavioral & psychological symptoms of dementia (BPSD) increases the burden on their family. It is also one of the main reasons for nursing home placement. Worsening of BPSD should be first managed by excluding any underlying cause. Limited use of antipsychotics is recommended in BPSD. Average life expectancy after being diagnosed is around 10 years, depends on the type of Dementia as well. Main focus is to live well with Dementia through support, services, activities and exercise. Important to raise the issues of advanced health care directives, driving and future care arrangements early on. In 2018, dementia is estimated to cost Australia more than \$15 billion.

### Biography

Arooge Shafi practices at Gosford Private Hospital (North Gosford) & Brisbane Waters Private Hospital (Woy Woy) NSW, Australia. Area of his work are Stroke, major neurological disorders, Cognitive Impairment/Dementia, any brain or spinal cord injury. Mechanical fall, fractures, joint replacements, amputation, and chronic pain. Pulmonary, Cancer and Cardiac Rehab. Also reconditioning post prolong medical and surgical admission.

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