



What Is Vascular Dementia?

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Abstract

Vascular Dementia is a type of Dementia which is a problem relating to planning, reasoning, memory, judgment usually caused by impaired blood flow to the brain. Stroke blocks may be the main reason for Vascular Dementia, but strokes not always cause the condition. It depends on the stroke severity and the area where it raised. Vascular dementia can also be caused by reduced blood supply to the brain, damaged blood vessels, less oxygen and nutrients to the brain.

Keywords: Lewy body dementia; Frontotemporal dementia; Mild-cognitive impairment

Introduction

Vascular Dementia symptoms are more evident after the stroke. The stroke results change in the thinking and reasoning, this is called the Post Traumatic dementia. Sometimes the characteristic pattern of the vascular dementia may cause mini strokes or series of strokes. Changes in the thought process are clearly evident unlike the Alzheimer's disease where change occurs gradually.

Vascular Dementia can also occur gradually similar to Alzheimer's Dementia. Alzheimer's Dementia and Vascular Dementia can occur at a time. Studies shows that people suffering from vascular dementia also have Alzheimer's dementia. Improper blood flow and damage in the brain vessels causes the problem, especially brain is vulnerable.

Vascular Dementia changes occur after the stroke because of blocking of the major blood vessels to the brain. Thinking difficulties begin gradually increases and becomes worst after multiple strokes and other condition like minor blood vessels getting affected which causes widespread damage. Vascular dementia is also called "Vascular cognitive impairment" as the term better expresses the vascular thinking changes from mild to severe.

About 5% to 10% people suffering from dementia have vascular dementia alone. It is more common as mixed dementia. Experts believe that Vascular dementia is underdiagnosed same like Alzheimer's disease. It is recognized as common disease usually seen in older people.

The condition shows impact on thinking abilities depending on the decrease in the blood flow to the brain and the damage it caused. It may affect the memory or not depends on the damaged part of the brain. If the damage is occurred in the area related to memory in the brain it may affect the memory. Vascular dementia when starts in the brain usually plays a key role in storing and retrieving information related to memory

loss similar to Alzheimer's disease.

Symptoms

Multiple strokes that affect the blood vessels and nerve fibers deep inside may gradually bring changes in the thinking ability. The early signs of small vessel disease include poor judgment, impaired planning and uncontrolled laughing and crying, reduce inattention, difficulty to remember the right words, impaired function in social gatherings.

Doctors can identify the condition as dementia but there is no test to determine the condition as Dementia. Doctors will judge whether vascular dementia by the information the patient provides, symptoms, medical history of strokes or disorders related to the heart and blood vessels. Treatment is often related to manage the health conditions and reduce the risk factors related to vascular dementia.

Treatment

Taking care of the health of the heart and blood vessels will slow the rate of progression of the vascular dementia, may also prevent further decline. The doctor may prescribe medicine to reduce blood pressure, reduce the cholesterol level, medicines to prevent blood clots and keep the arteries clear for the blood flow. Prescribe medicine to control the blood sugar level, if diabetic.

Conclusion

The U. S Food and Drug Administration (FDA) have not any approved drug for vascular dementia as of now. Clinical trials that drug approved for Alzheimer's symptoms have provide modest benefit in the people suffering with vascular dementia. The treatment includes medicines for the diseases that cause Alzheimer's disease. Medicines for blood clots, diabetes, and hypertension are usually given. Controlling treatment which prevent further brain damage are given which helps in the treatment of Vascular Dementia. Treating the risk factors helps slow down or further decline. Researchers are still trying to find the cure and specific treatment of the disease.

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