



Mixed Dementia

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Introduction

Symptoms of mixed dementia depend on the dementia the person is suffering from. There are chances that the person may have greater amount of one type of dementia compared to other. Usually in that case, this type is called "predominant". Mixed dementia is caused by three types of dementia diseases. Mostly diagnosed is mixture of two types of dementia. Two types of mixed dementia are Alzheimer's disease and vascular dementia, Alzheimer's dementia and Lewy body disease.

Alzheimer's disease is caused by build-up of faulty proteins around the brain cells, usually the cells that help in memory. Alzheimer's disease early stages symptoms include language problems, becoming confused easily and memory problems. Vascular dementia part of mixed dementia is caused by inefficient supply of blood throughout the brain. The reason may be series of strokes or mini strokes. The gradual deterioration of the small blood vessels over the years causes vascular dementia. Vascular dementia affects the brain and prevents the cells from getting enough nutrients and oxygen.

The symptoms of vascular dementia depend on the part of the brain it affected. The main symptoms include trouble concentrating for a long period, losing problem-solving abilities, slow thinking, difficulties in planning and taking information. There is no cure for any form of dementia including mixed dementia. Treatment includes maintaining cognitive function for longer periods. This will not stop the damage it does to the brain.

The medication used for mixed dementia is usually Cholinesterase inhibitors. These increase chemicals in the brain which help in communication with each other. Right now there is no

medication that can help the person suffering from vascular dementia. However the person can take medication to stop strokes by taking medication to control diabetes and high blood pressure.

Regarding the drugs, there are other treatments to improve the quality of life and improve the functioning. The treatments like Cognitive stimulation therapy, Cognitive rehabilitation, Cognitive behavioral therapy, reminiscence therapy reduce the symptoms. Physiotherapy helps the patient with mixed dementia for movement problems.

In most forms of dementia abnormal protein deposits around the cells in the brain coexists with vascular dementia. Alzheimer's also coexists along with lewy bodies. The symptoms mostly depend on the part of the brain the disease affected. If the person is suffering from two or three dementia's the symptoms may increase rapidly and noticeable changes are visible in the behavior. Studies show that the person lives around 10 years after the diagnosis of dementia. It may differ from individual to individual. Some people may live more than twenty years, so it is important to not worry about the figures and try to live the life left.

Being physically active, eating healthy diet, cutting smoking and drinking, keeping brain active by doing puzzles, taking good care of health, keeping blood pressure at a healthy level are few things we can do to prevent Alzheimer's disease. There is no specific way to prevent all types of dementia, as researchers are still trying to find the cause for the condition. There is evidence that having good lifestyle can help prevent dementia when older. Healthy lifestyle protects us from brain strokes and heart problems which are the main source for dementia. Thus dementia can be prevented.