



# What Causes Dementia?

Dementia is caused by damage to brain cells that lead to a decline in cognitive function. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

The brain has many various regions, each of which is responsible for different functions such as memory, judgment, and movement. When cells in a particular region are damaged, that region cannot carry out its functions normally.

The different types of dementia have different causes:

<b>Alzheimer's disease</b>	The most common type of dementia which is due to high levels of certain proteins inside and outside brain cells which make it difficult for brain cells to stay healthy and to communicate with each other. The brain region called the hippocampus is the center of learning and memory in the brain, and the brain cells in this region are often the first to be damaged. That's why memory loss is often one of the earliest symptoms of Alzheimer's.
<b>Vascular dementia</b>	This is the second most common cause of dementia, and it occurs when there is reduced blood flow to the brain due to stroke or other blood vessel problems.
<b>Frontotemporal dementia</b>	This form of dementia is caused by damage to the frontal and temporal lobes of the brain, which are involved in decision-making and behavior.
<b>Lewy body dementia</b>	This type of dementia is characterized by the presence of abnormal protein deposits called Lewy bodies in the brain. It can cause a range of symptoms, including memory loss, hallucinations, and Parkinson's disease-like movement problems.
<b>Mixed dementia</b>	The presence of more than one type of dementia in a single individual. For example, a person with mixed dementia may have both Alzheimer's disease and vascular dementia. This can occur when an individual has risk factors for multiple types of dementia, or when the underlying causes of their dementia are not clearly identified. It is also possible for a person with one type of dementia to develop another type later on.
<b>Other medical conditions</b>	Dementia can also be caused by other medical conditions that affect the brain, such as multiple sclerosis, Parkinson's disease, and chronic alcoholism.

## Who has an Increased Risk of Dementia?

Age and family history are a few risk factors that impact a person's chance of being diagnosed with dementia. High blood pressure, inactive lifestyles, diabetes, depression, alcohol in excess and social isolation can also increase risk.

For more information on dementia and how CorsoCare can support you, call us at 248-438-8535.