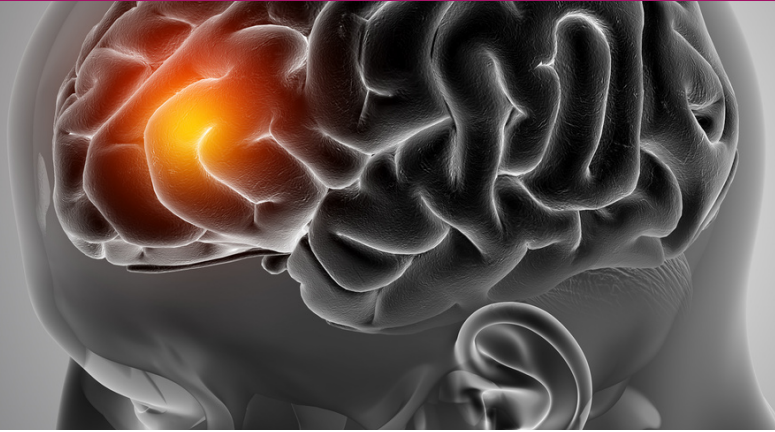


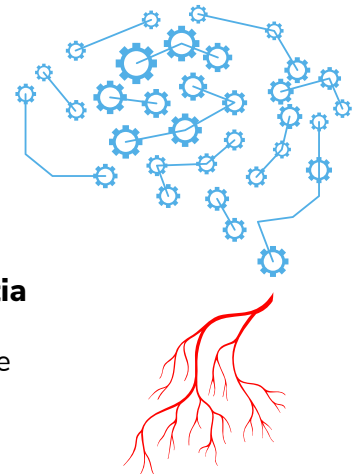
What is Dementia?

an umbrella term for several types of neurological conditions affecting the brain



Alzheimers Disease (AD) is the most common type of dementia

AD typically affects individuals over 65 years, with c. 520,000 individuals currently living with AD in the UK. In AD, two proteins in the brain called amyloid beta and tau tangles cause neuronal damage and interrupt the signalling pathways. This causes loss of brain connections, cognition and function, and widespread brain damage.



Vascular Dementia (VD) is the second most common type of dementia

VD affects over 150,000 in the UK. It is caused by different conditions that interrupt the flow of blood and oxygen supply to the brain and damage blood vessels in the brain, most commonly due to strokes or transient ischaemic attacks.

Frontotemporal Dementia a less common type of dementia affecting behaviour and language

Frontotemporal dementia affects the frontal and temporal lobes of the brain and mainly impacts individuals between the ages of 45 to 65 years. The frontal lobe controls high-level cognitive skills including our emotions, personality and behaviour, problem-solving, memory, language, and judgement. These skills can all be impaired.

Dementia with Lewy Bodies

Dementia with Lewy Bodies is a progressive condition that often affects an individual's movement and motor skills and may also cause hallucinations.

Mixed Dementia

Mixed dementia occurs when an individual is considered to have more than one type of dementia, and is more common in older adults.

Diet & Nutrition

Diet and Lifestyle support for Dementia

Diet can play an important role in supporting people with dementia. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes.

