

Did You Know?



EVERY 3 MINUTES SOMEONE DEVELOPS DEMENTIA IN THE UK



If nothing changes,
1 IN 2 OF US WILL SEE OUR LIVES DEVASTATED BY DEMENTIA



ALZHEIMER'S RESEARCH UK

WELCOME

Mindful Aging: Navigating the Path to Cognitive Wellness and Dementia Awareness

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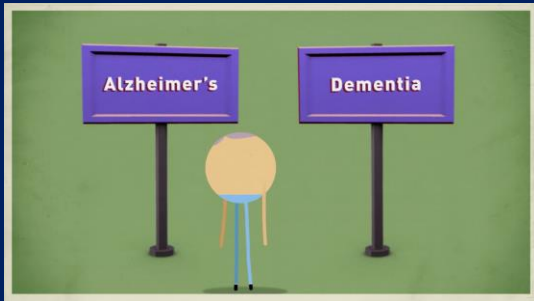
20th January '24
St John's Church Hall
Caterham
UK



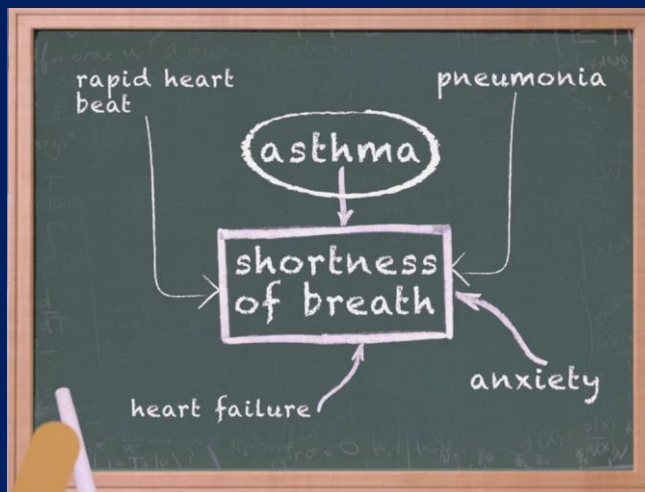
Imperial College London

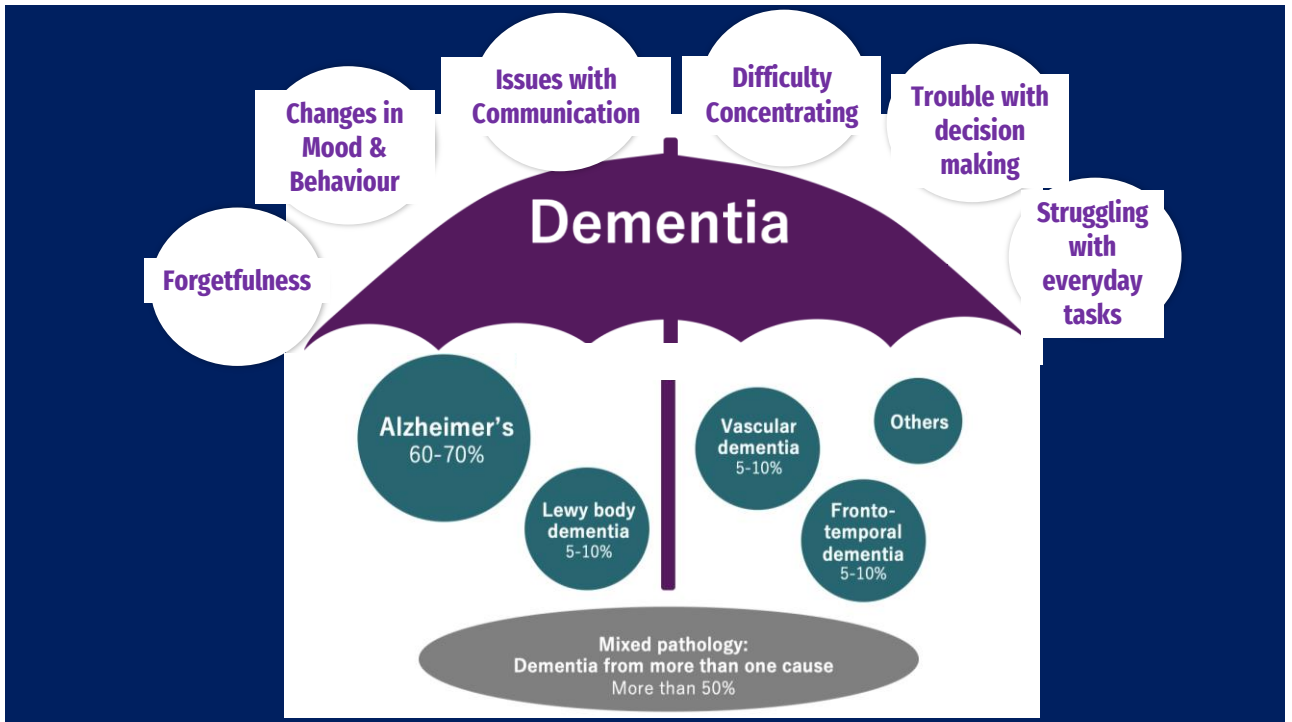


DEMENTIA? ALZHEIMER'S DISEASE?



Example





Pause & think: What is Dementia?

~~• Normal part of ageing?~~



Pause & think: What are the differences?

Normal Aging



- Event details- X a year ago
- Forgets- occasionally
- Misplacing items but recall
- Confused – about day



- Word finding difficulties

Not Normal

- X Recent, difficult retaining new
- X Daily basis (repetitive)
- X Inappropriate places
- X time or place
- X Complex task- Making a tea
- X Purposeful movement- Brush

- Substituting words
- Frequently pauses
- Slowed speech
- Incomprehensible, Mute

Pause & think: What are the differences?

Normal Aging



- Sad- loss, physical illness
- Sleep- fragmented



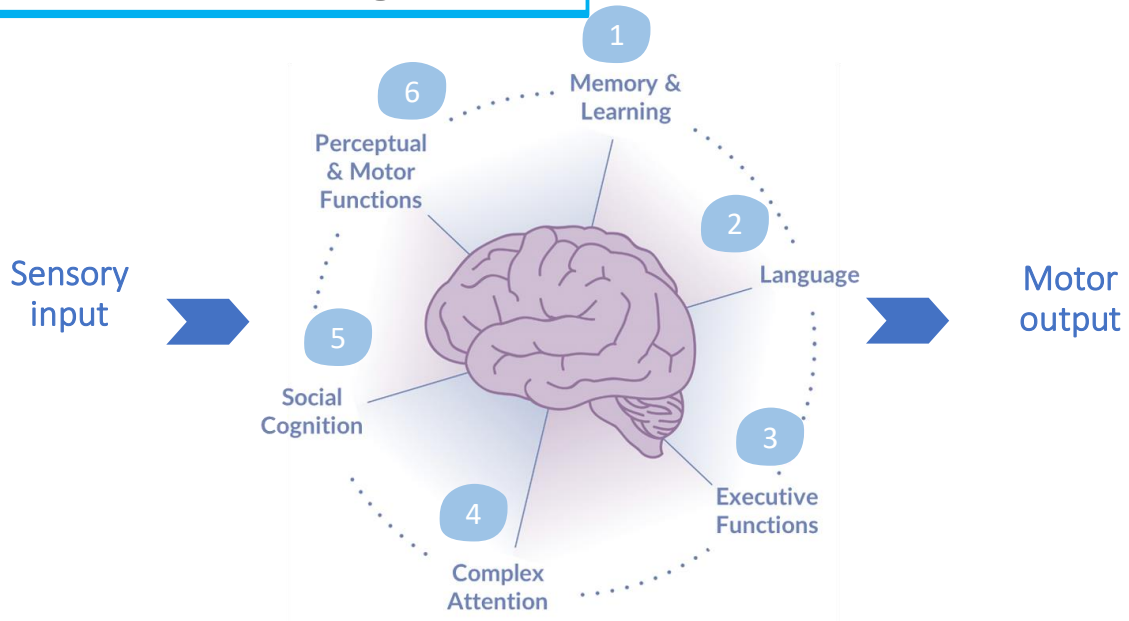
- Slow walking- muscle/bone
- Falls- Occasional
- Activities are preserved

Not Normal

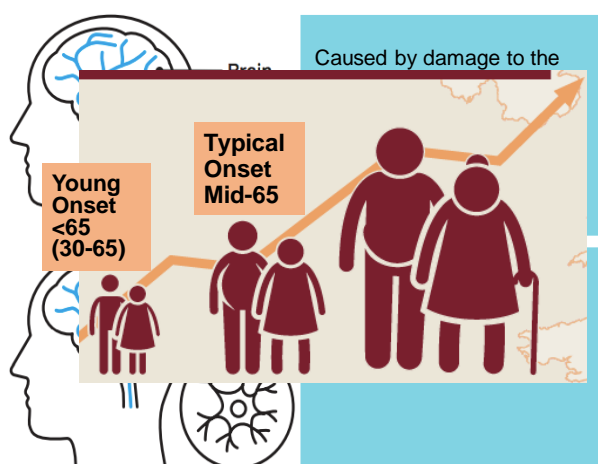
- Confusion, brain fog, changed personality, hallucinations, mood-swings
- Enacting sleep

- Slow walking, poor coordination
- Falls- frequent
- wandering, forget use

Six Domains of Cognition (Mental processes)



What is Dementia?



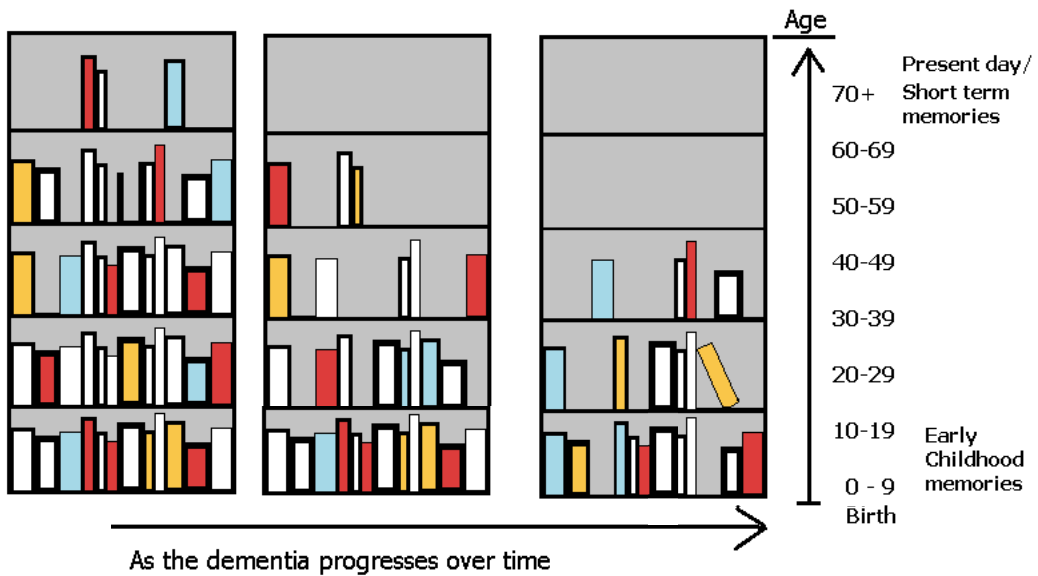
Quick Facts

- 1 • NOT a part of normal aging
- 2 • Change from previous level
- 3 • Symptoms get worse over time
- 4 • NOT a shame or a stigma
- 5 • There is a lot of SUPPORT

10 warning signs

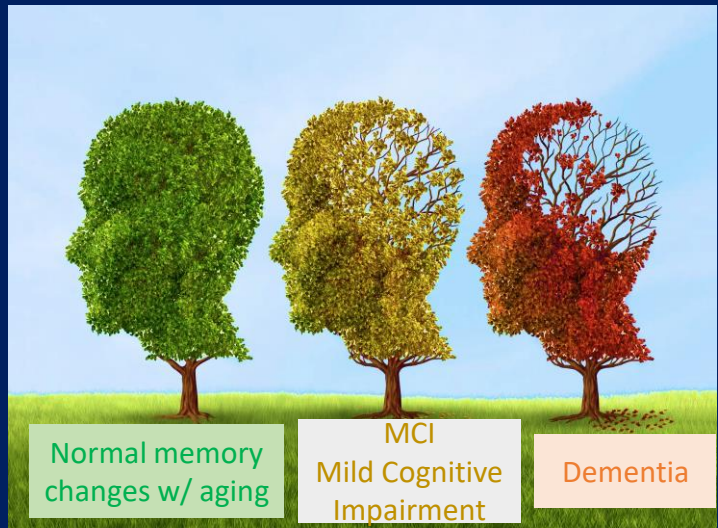
- 1 Memory loss**: Illustration of a person thinking about a calendar.
- 2 Difficulty performing familiar tasks**: Illustration of a person at a desk looking confused with papers.
- 3 Problems with language**: Illustration of a person looking at a shopping list with question marks.
- 4 Disorientation to time and place**: Illustration of a person holding a map outdoors.
- 5 Poor or decreased judgement**: Illustration of a person in a wheelchair talking to another person.
- 6 Problems keeping track of things**: Illustration of a person looking at a 'PAST DUE' envelope.
- 7 Misplacing things**: Illustration of a person looking at a shelf with misplaced items.
- 8 Changes in mood and behaviour**: Illustration of a person holding two different emotion masks.
- 9 Challenges understanding visual and spatial information**: Illustration of a car at a traffic light with a thought bubble showing a spatial puzzle.
- 10 Withdrawal from work or social activities**: Illustration of a person standing apart from a group of people at a table.

Bookshelf analogy



Overview & Case-studies

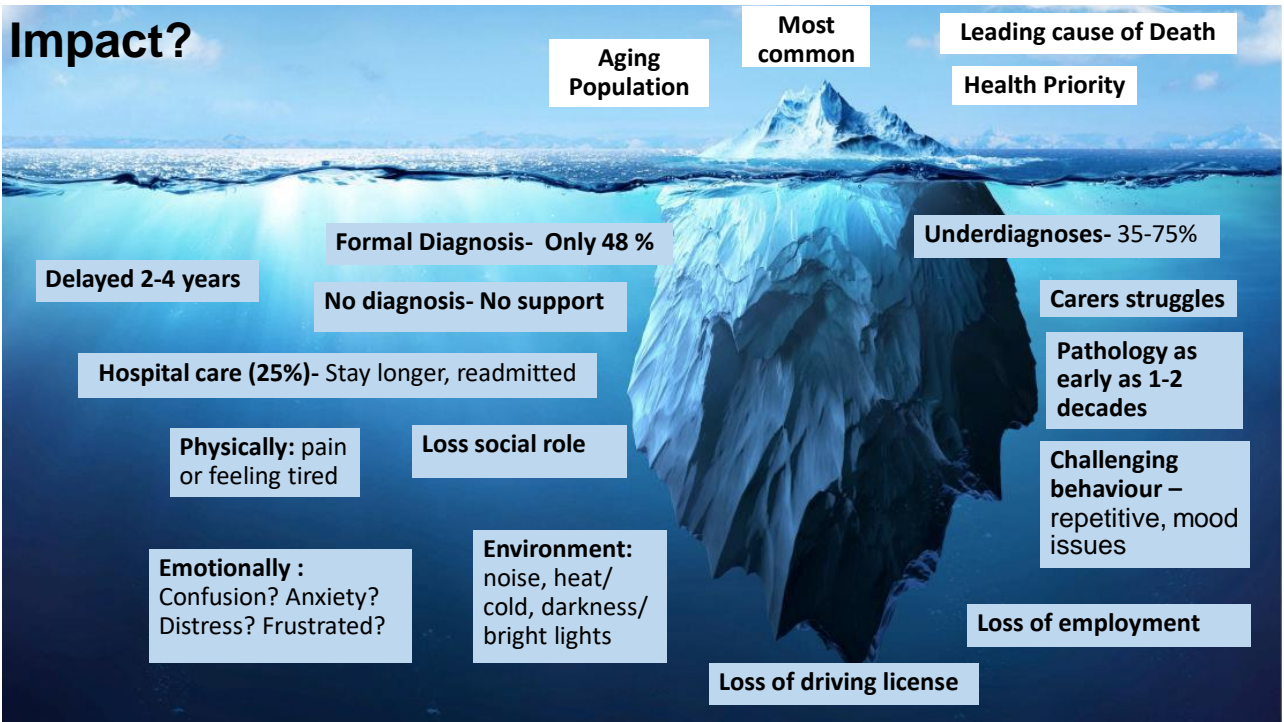
Understanding the journey
one stage at a time



WHO'S AT RISK?

- Advancing Age
- Gender (Females > Males)
- Family history (<15% risk)



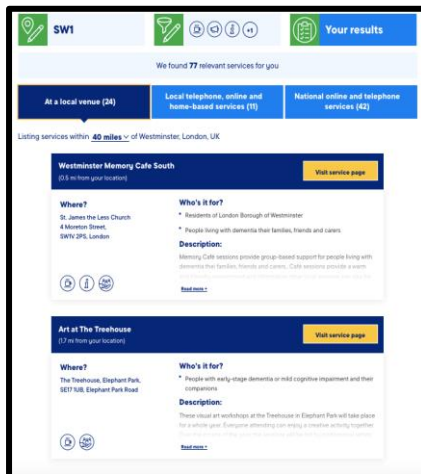


What should one do?

- **Complex and Global condition -- progressive**
- **Initial symptoms are very subtle**

- ✓ **Aim** is to **delay onset** of cognitive symptoms/ progression
- ✓ Help **identify early** who's at risk needs help
- ✓ **Talk** to your GP or Primary care network
- ✓ **Prevention is better** than cure
- ✓ Be Empathetic- **x** talk *****how you made them feel?

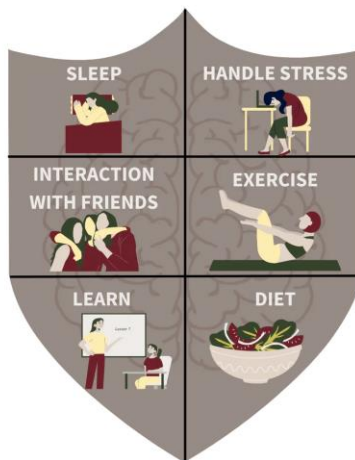
How to map resources?



How can you reduce your risk ?

S.H.I.E.L.D Lifestyle Interventions for Brain Health

GOOD NEWS
It's never too soon,
or too late



Dr. Rudolph Tanzi
McCance Center for Brain Health,
USA



Cognitive Wellness – dimension of health and well-being

- ✓ complex interplay of many different elements
- ✓ healthy mind - fundamental capacities:
 - Focused attention ● Comprehend and articulating language ● Assimilate stimuli
 - Acquire new ● Navigate social interactions ● Manage emotional responses
- ✓ Research Evidence:
 - **Being physically active**
 - Take control on your thought – develop **Growth Mindset**
 - **Irrational beliefs**- Recognize/Challenge/Replace
 - Plan ahead – food craving- place it higher (70% less)

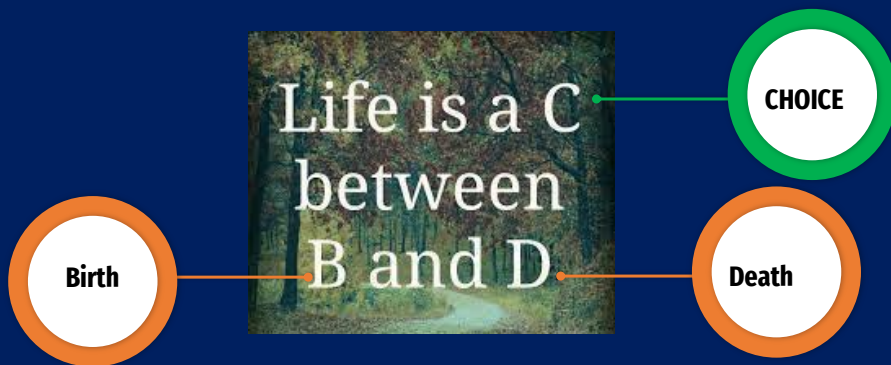
Final Points

- Remember S.H.I.E.L.D
- Focus on your cognitive wellness
- Dementia does not discriminate: emphasize
 - ✓ preventing well
 - ✓ detecting early and living well
 - ✓ Being empathetic
- We have started a process - You are part of the solution



When to plant
a tree??

Thank you for listening and participating!!



—Jean Paul S.

Feedback



Brain Gym

