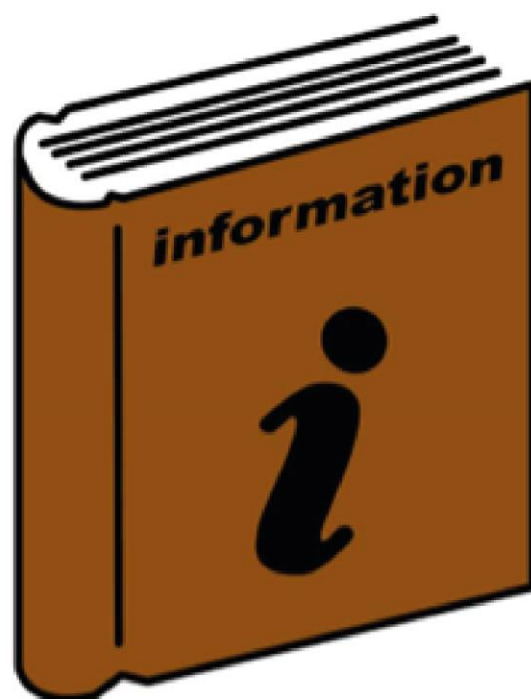
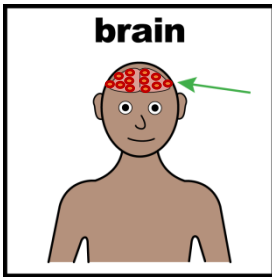


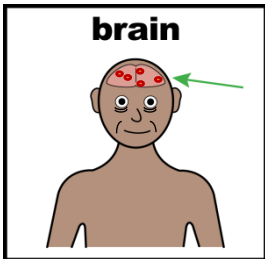
Dementia

Easy Read information

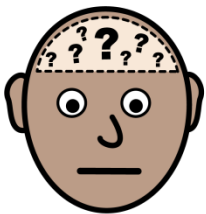




In your brain there are lots of tiny cells.



As you get older, the cells start to die.

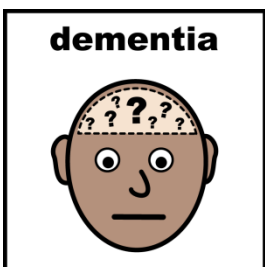


When the cells die, it changes how your brain works.



It can cause problems with your memory and thinking.

It can also change how you act.



This is called Dementia.



You cannot catch Dementia from another person.

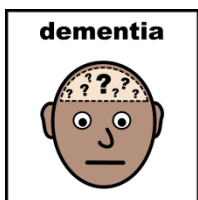
Who can get Dementia?



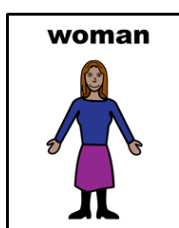
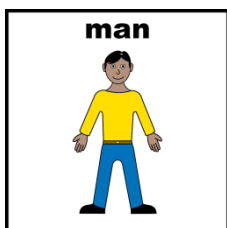
Dementia mostly affects older people.



But younger people can get Dementia as well.



People with learning disabilities are more likely to get Dementia when they are younger.



Men and women can get Dementia.

How can Dementia affect people?



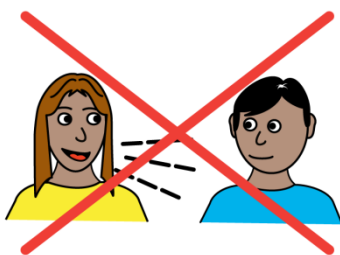
Dementia can cause memory problems.

A person with Dementia might forget names or forget where they put something.



Dementia can change how people feel or behave.

A person with Dementia might feel upset or angry or get confused.



When a person has Dementia they can find it hard to tell people how they feel.



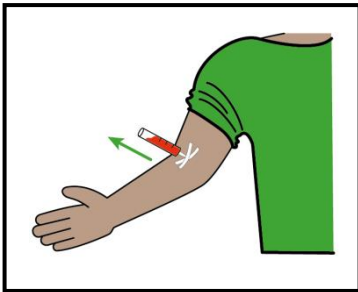
Having Dementia can make it harder to do things like cooking or getting dressed.

How do you know if you have Dementia?

GP practice

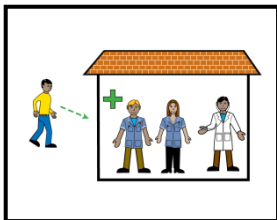


If you are worried about your memory, go to your GP.



The GP will ask you some questions.

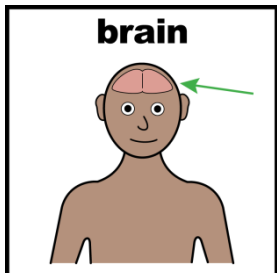
They might also do a blood test.



The GP might ask you to go to the hospital or to a memory clinic for some tests.

This will help find out if you have Dementia.

brain

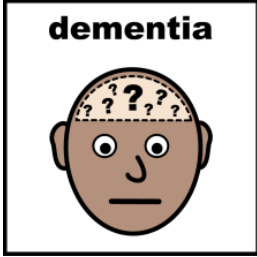


You might be asked to have a scan.

This helps the doctors to see how your brain is working.

Can Dementia be prevented?

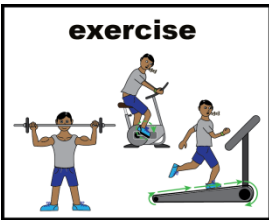
dementia



Dementia cannot be completely prevented.

But there are things you can do to make it less likely you will get Dementia.

exercise



Doing exercise can help prevent Dementia.



Eating healthy food and not drinking too much alcohol can help prevent Dementia.

no smoking



Not smoking can help prevent Dementia.



Keeping your mind active by learning new things or doing puzzles can help prevent Dementia.

Can Dementia be cured?



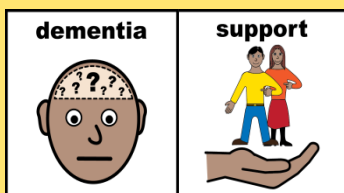
There is no cure for Dementia.

It slowly gets worse over time.



There are medicines that can help with the effects of Dementia.

You can speak to your doctor about this.



If you or someone you know needs Dementia support while in hospital, please contact the Dementia Team.



Royal Shrewsbury Hospital

01743 261000 ext: 3571

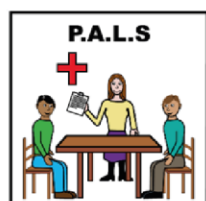


Princess Royal Hospital

01952 641222 ext: 4679



Further information is available from:



Patient Advice and Liaison Service (PALS)
Royal Shrewsbury Hospital: 0800 7830057
Princess Royal Hospital: 01952 6414679



This information can be provided in other languages



The Learning Disability Team
can be contacted for support
on 01743 211210



or large print.



Mencap
<https://www.mencap.org.uk/advice-and-support>



If you would like a copy of this information in a different format email
sath.patientexperience@nhs.net or
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