



## Lewy Body Dementia

### What is Lewy Body Dementia (LBD)?

Lewy body dementia (LBD) is a progressive brain disease associated with abnormal deposits of a protein called alpha-synuclein in the brain. These protein deposits, called Lewy bodies, develop in nerve cells in the areas of the brain that affect thinking, memory, movement, mood and behavior.

LBD is the second most common type of neurodegenerative dementia after Alzheimer's disease.

### What are the signs and symptoms of LBD?

People with LBD frequently act out their dreams and make violent movements when they are sleeping. This is called REM sleep behavior disorder and is often the first indication that someone has LBD, occurring up to 20 years before the onset of dementia.

LBD causes a progressive decline in thinking abilities that may seem similar to Alzheimer's disease. However, memory loss with LBD is not as drastic as with Alzheimer's disease and it fluctuates more from day to day.

LBD also causes symptoms with movement, visual hallucinations, changes in alertness and attention. The movement symptoms may include Parkinson's disease-like symptoms such as difficulties walking, rigid muscles, slow movement and tremors.

Behavioral and mood symptoms, including depression, apathy, anxiety, agitation, delusions or paranoia are also typical, as are changes with body functions, such as blood pressure control, temperature regulation, and bladder/bowel function.

### What are the risk factors of LBD?

- People older than 60 are at greater risk.
- LBD affects more men than women.
- People who have a family member with LBD or Parkinson's disease are at greater risk.