



Vascular Dementia

What is Vascular Dementia?

Vascular dementia is a general term used to describe problems with memory, judgement, reasoning, planning and other thought processes, associated with decline in daily functioning due to problems in the blood vessel of the brain. It is thought to be caused by chronic damage to the small blood vessels of the brain that affect the connections in the brain, a stroke in a specific location in the brain affecting cognition, a series of strokes, or a combination of these.

What are the Signs and Symptoms of Vascular Dementia?

Symptoms of vascular dementia depend on what part of the brain is affected and to what extent. People with Vascular Dementia can experience:

- Difficulty paying attention/concentrating,
- Reduced ability to organize thoughts or analyze situations
- Memory problems
- Confusion
- Restlessness
- Agitation
- Depression or loss of interest in usual activities or hobbies
- An unsteady gait or balance problems
- The sudden urge to urinate or the inability to control urination

What are the Risk Factors of Vascular Dementia?

Vascular dementia can occur in older adults at risk of stroke due to diabetes, obesity, high blood pressure, smoking, and high cholesterol. Vascular dementia can occur after a stroke blocks an artery in the brain, however, strokes do not always cause vascular dementia.

People with abnormal aging of blood vessels are also at risk.