Every June, we recognize Alzheimer’s and Brain Awareness Month. This month gives us the opportunity to reiterate the importance of brain health and raise awareness of these diseases.

Fifty million people worldwide are living with Alzheimer’s and other dementia conditions. By becoming aware of Alzheimer’s and dementia, you are able to empower yourself and others with necessary knowledge to understand and combat this disease.

We encourage you to take time this month to advocate for and support the fight to end Alzheimer’s. You can do so by donating to organizations such as the Alzheimer’s Association and researching the ways this disease impacts the lives of those diagnosed with Alzheimer’s and dementia and their families. To get started, keep reading to learn more about the difference between Alzheimer’s and dementia.

What is the Difference Between Alzheimer’s and Dementia?

Dementia is a general term for symptoms that point to a decline in cognitive function. This is caused by damage to brain cells that affects communication, which can influence thoughts, behavior and feelings. Symptoms include a decline in memory, reasoning and other thinking skills. There are many types of dementia and many diseases that cause it.

Alzheimer’s is a specific degenerative brain disease. Cells in the brain become damaged, leading to complex brain changes leading to dementia symptoms. Alzheimer’s accounts for 60-80% of dementia cases. Alzheimer’s advances to show more severe symptoms, such as disorientation, behavior changes or even difficulty speaking and swallowing. There is no cure and no way to prevent Alzheimer’s.

When it comes down to it, Alzheimer’s is a cause and type of dementia. The Alzheimer’s Association lists the 10 early signs of Alzheimer’s or other dementia as:

1. Memory loss that interrupts daily life
2. Challenges in planning or solving problems
Alzheimer’s and Brian Awareness Month: Go Purple this June

3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing belongings and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood or personality

Find Ways to Improve Brain Health at The Moorings at Lewes

At The Moorings at Lewes, we look at the holistic wellness of a person, and this includes brain health. Along with raising awareness of Alzheimer’s and other dementia conditions, we encourage you to take part in supporting your own brain health and cognitive function through healthy dining options, engaging activities and socialization opportunities where neighbors become close friends.

Learn more about healthy living in our community by contacting our team today.