



New insights into cognitive decline




more than
332,000
Australians
are living with
DEMENTIA
that's almost the entire
population of the ACT¹

each week there are
>1700
new cases of dementia
diagnosed in Australia
**APPROX. ONE PERSON
EVERY 6 MINUTES¹**



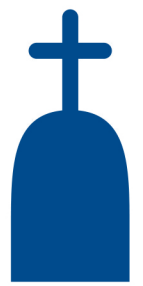
dementia is the
**SINGLE
GREATEST
CAUSE**
of disability¹
in older Australians¹





3 IN 10 PEOPLE
over the age of 85 have
DEMENTIA¹

DEMENTIA
is the **THIRD** leading
CAUSE OF DEATH
in Australia and there is
NO CURE¹



WHAT IS DEMENTIA?^{2,3}

Dementia is a collection of symptoms caused by disorders that affect the brain. It is not one specific disease. Symptoms can affect memory, thinking, behaviour and the ability to perform everyday tasks.

There are many forms of dementia, each with its own cause. The most common types of dementia are:

- Alzheimer's disease
- Frontotemporal dementia
- Vascular dementia
- Huntington's disease
- Parkinson's disease
- Creutzfeldt-Jakob disease
- Lewy body dementia

Dementia-like conditions that may be reversed:

- Infections
- Immune disorders
- Metabolic conditions
- Endocrine abnormalities
- Nutritional deficiencies
- Reactions to medications
- Normal-pressure hydrocephalus
- Hypoxia
- Brain tumours
- Poisoning
- Subdural haematomas

RISK FACTORS²

- Age
- Down syndrome
- Atherosclerosis
- Cholesterol (high LDL)
- Diabetes
- Smoking
- High homocysteine levels
- Genetic mutations
- Heavy alcohol use
- High or low blood pressure
- Depression
- High oestrogen levels
- Obesity

10 WARNING SIGNS³

1. Recent memory loss that affects job skills
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgement
6. Difficulty with abstract thinking
7. Misplacing things
8. Changes in mood or behaviour
9. Changes in personality
10. Loss of initiative

OMEGA-3 FATTY ACIDS AND VITAMIN E PROTECT AGAINST NEURODEGENERATION⁴

