AS A CAREGIVER 
YOU NEED TO:

- Know more and understand the illness.
- Recognize when you are under stress.
- Know when you need to take a break.
- Sharing is loving - Family involvement is vital in the care of people with dementia.

YOU CAN REDUCE CAREGIVERS STRESS IF YOU:

- Share your problems with others
- Practise positive thinking
- Pray and find spiritual support
- Live a healthy lifestyle
- JOIN A SUPPORT GROUP NEAREST TO YOU.

TO GET MORE INFORMATION ON SUPPORT GROUPS, please CONTACT:

**PENANG**
Penang Alzheimer’s Support Group
Tel No.: 04-656 5291
E-mail: besi1954@yahoo.com

**IPOH**
Ipoh Alzheimer’s Disease Support Group
Tel: 012-300 1009
E-mail: achinhk@streamyx.com

**KUALA LUMPUR - PETALING JAYA**
KL/PJ Alzheimer’s Disease Support Group & Online Caregivers Network
Tel: 016-608 2513
E-mail: jenny@adfm.org.my

**MELAKA**
Melaka Alzheimer’s Disease Support Group
Tel: 012-682 4290
E-mail: pat_hktan@yahoo.com

**JOHOR BHARU**
Johor Bharu Alzheimer’s Disease Support Group Association-JOBADA
Tel: 07-222 4016
E-mail: jobadajohor@gmail.com

For FURTHER INFORMATION, please refer to CPG Management of Dementia (2nd Edition) available on these web pages:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
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<tr>
<td>Ministry of Health Malaysia</td>
<td><a href="http://www.moh.gov.my">www.moh.gov.my</a></td>
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<td>Portal my health Ministry of Health Malaysia</td>
<td><a href="http://www.myhealth.moh.gov.my">www.myhealth.moh.gov.my</a></td>
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<tr>
<td>Academy of Medicine of Malaysia</td>
<td><a href="http://www.acadmed.org.my">www.acadmed.org.my</a></td>
</tr>
<tr>
<td>Malaysia Psychiatric Association</td>
<td><a href="http://www.psychiatry-malaysia.org">www.psychiatry-malaysia.org</a></td>
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PATIENT INFORMATION LEAFLET

DEMENTIA

CLINICAL PRACTICE GUIDELINES
MANAGEMENT OF DEMENTIA
(2nd EDITION)
What is Dementia?

Dementia is not a part of the normal aging process.

- Dementia affects the brain and may present with problems related to changes in:
  - Memory
  - Orientation
  - Behaviour
  - Emotion
  - Personality
  - Activities that you do everyday
  - Language
  - Decision making

- There are many types of dementia of which the commonest is Alzheimer disease. Dementia can also occur following stroke (Vascular dementia) and Parkinson disease (Parkinson Disease Dementia).

Who are the people at risk?

People are at higher risk of getting dementia if they are older (>65 years old) and have a family history of dementia.

Steps that you can take to reduce the risk of developing dementia:

- Good control of high blood pressure and diabetes
- Practice healthy lifestyle
- Get active both physically and mentally
- Eat a balanced healthy meals

There is NO PROOF that vitamins, supplements or herbal product can prevent dementia.

Seek help early for you and your loved ones if you

(a) Have trouble remembering things that happen recently.
(b) Keep forgetting where belongings are kept.
(c) Trouble recalling conversations a few days later.
(d) Have trouble remembering appointments and social gatherings

WHAT YOUR DOCTOR WILL DO:

- Ask questions about your memory and daily activities.
- Ask about your emotions.
- Ask about your medical history

- Ask about your current medications, supplements or herbal products.
- Carry out some simple memory tests and blood investigations.
- May refer you to a specialist or memory clinic for further investigations.

IS THERE ANY TREATMENT FOR DEMENTIA?

- There is no cure for dementia currently BUT
- Medications are available to control and treat most of the symptoms of dementia that may be problematic.
- Other therapies that are helpful include exercise, leisure activities (music, art and craft, games) and many more.