

DEMENTIA

"The mind is not a vessel to be filled, but a fire to be kindled." – Plutarch

Basics

- A progressive decline in cognitive, behavioral, and psychological function over months to years, affecting memory, language, attention, decision-making, and social behavior
- Gradual onset with symptoms that worsen over time

Symptoms

- Memory difficulties, especially with retaining new information; memory for distant events is often affected in later stages
- Language difficulties, which may include problems with word retrieval, naming, fluency, or comprehension
- Trouble managing complex tasks or activities
- Disorientation, including getting lost in familiar environments
- Depression, agitation, aggression, psychosis



Prevention strategies

- Eat a nutrient-rich diet, including antioxidant-rich fruits and vegetables, collagen-rich proteins, and omega-3 sources such as EPA and DHA from marine fish. Avoid trans fats and processed oils (e.g., corn, canola, margarine).
- Minimize exposure to pesticides, herbicides, insecticides, endocrine disruptors, synthetic fragrances, air fresheners, scented candles, and harsh cleaning products. Avoid electromagnetic fields and heavy metals found in cosmetics, toiletries, and dental amalgams.
- Maintain vitamin D levels between 40–60 ng/mL through safe sun exposure, and ensure adequate vitamin B12 to support memory and cognitive function.
- Get adequate, restorative sleep to support brain repair. Exercise regularly to promote brain health. Maintain healthy blood pressure and blood glucose levels.
- Maintain good oral hygiene – brush and floss regularly, and avoid antibacterial products. Engage in cognitive stimulation (e.g., puzzles, word games) and maintain strong social connections which are associated with a lower risk of cognitive decline.