



7 Truths ~~Myths~~

of Dementia



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Myth 1

Dementia is a natural part of ageing

Truth

Dementia is NOT a normal part of ageing.



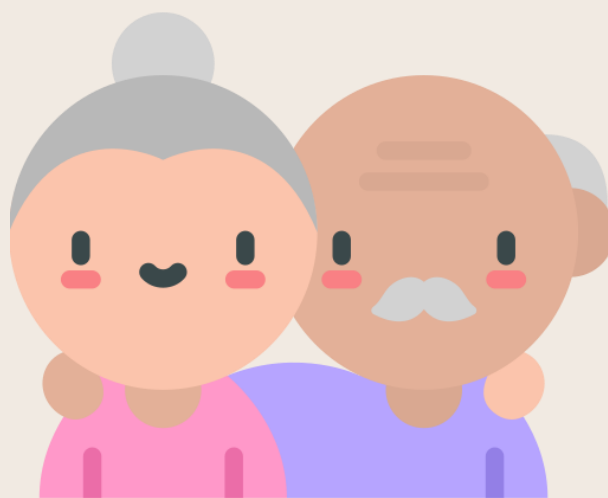
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Myth 2

Only older persons can get dementia

Truth

Majority of dementia cases occur in older persons, but in rare cases, dementia can affect younger persons.

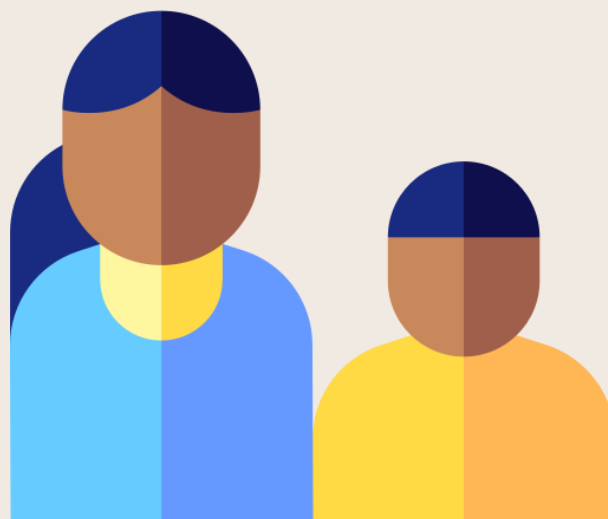


Myth 3

A family member has dementia, so I will get it too

Truth

Majority of dementia cases are not inherited.



Myth 4

Dementia is incurable and cannot be slowed down

Truth

A combination of lifestyle changes and dementia drugs can slow down the progression of dementia.



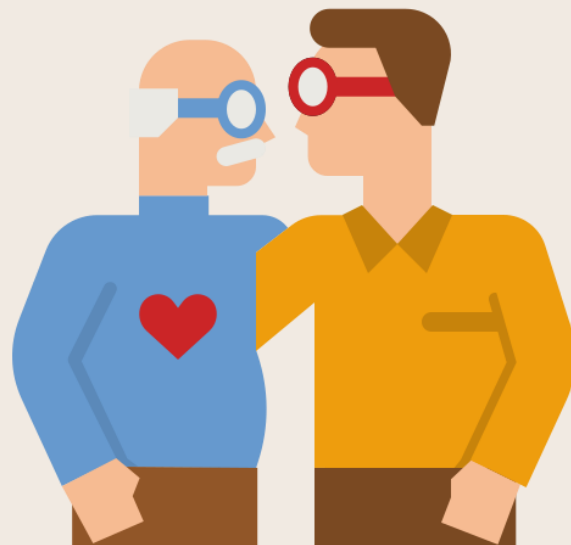
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Myth 5

Persons with dementia don't understand what's happening around them

Truth

A lack of understanding can occur as dementia progresses into the late stage.



Myth 6

Persons with dementia don't know or can't communicate what they want

Truth

Many persons with dementia lead active, meaningful lives and may still be competent in making certain decisions.



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Myth 7

Once you have dementia there's nothing you can do

Truth

Regular exercises, healthy eating and cognitive stimulation can retard risk of cognitive decline.

