

Management of Dementia

At present, there is no cure for dementia. However, there are steps that you can take to reduce your risk of developing dementia. There are also medications which may help with symptoms of dementia.

Ways to reduce risk of developing dementia:

1. Be mentally and physically active
2. Stop smoking
3. Maintain a healthy and balanced diet
4. Avoid excessive alcohol consumption
5. Maintain good social networks



Medications may be used to help with:

1. Cognitive Symptoms
 - Donepezil
 - Rivastigmine
 - Memantine
2. Behavioural and Psychological Symptoms of Dementia (BPSD)
 - Anti-psychotics
 - Anti-depressants
 - Mood stabilisers
3. Vitamin deficiencies



Prevention is better than cure. As dementia is irreversible once the condition sets in, it is important to maintain a healthy lifestyle and take steps to reduce your risk of dementia.

