

What is Dementia?

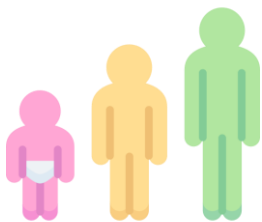
Dementia is a medical condition that affects the brain's functions and abilities. It results in impairments of daily activities, work and social interactions. It is not a part of normal ageing.



How Common is Dementia?

In Singapore, **1 in 10 seniors aged 60** and above suffers from dementia. With increasing life expectancy and a rapidly ageing population, the number of people with dementia in Singapore is expected to increase drastically from 82,000 in 2018 to 152,000 by the year 2030.

Risk Factors for Dementia



Age



Family history



Depression



Lifestyle habits:
Smoking, alcohol,
physical inactivity,
unhealthy diet



Cardiovascular risk
factors: Hypertension,
hyperlipidemia,
diabetes mellitus



Traumatic brain
injury

