**CONCERNS ABOUT DEMENTIA**

Do you sometimes find yourself walking into another room to get something, and then not remembering what you were looking for?

That is normal as we get older. However, memory loss for many people over the age of 65 can become an increasing problem. How can you know whether it’s just part of ageing or something more worrying?

It’s normal for anyone to find their memory and concentration are affected by stress, tiredness, illness or even some medication. But dementia isn’t just about memory loss; it can also affect the way you think, feel and behave. It is a decline in brain functioning which can affect mental sharpness, language, understanding, mood, movement and the ability to carry out daily activities. Some sufferers may become apathetic, lose empathy and have problems controlling their emotions. Social situations can be harder to deal with, and you may notice some changes in personality. Making decisions becomes harder, and the person can struggle to remain as independent as they were.

If you know someone who is showing symptoms, or feel that you are experiencing some yourself, it’s a good idea to talk to your GP. Dementia can be slowed down and mental function maintained for longer, especially if you seek treatment early.

With the right support, many people with dementia are able to prolong an active, fulfilled life.

*Sent by Drs Virmani and Bedi’s Patient Participation Group*