



The  
**Dementia  
Society**  
Ottawa and Renfrew County

# FRONTOTEMPORAL DEMENTIA



If you or someone you know received a diagnosis of dementia, you may be wondering:

## WHAT IS FRONTOTEMPORAL DEMENTIA?

**Dementia** is an umbrella term for a group of brain conditions. These conditions cause changes in the brain. These changes can cause a wide range of symptoms. These symptoms can affect a person's ability to do daily activities. Dementia is progressive, which means symptoms will get worse with time. New symptoms will appear over time as well.

**Frontotemporal Dementia** is a type of dementia. A type of protein in the brain disrupts connections between brain cells. This causes the symptoms of Frontotemporal Dementia. This type of dementia is less common than other types. It is also more common in people under the age of 65.

To learn more about the science of dementia: [Click Here](#)

## IS IT GENETIC?

Around 10% of cases are hereditary. This means Frontotemporal dementia can be passed from a parent to their child.

Other factors make it more likely for someone to develop this type of dementia. Factors include smoking, obesity, and lack of exercise. It is never too early to make lifestyle changes. This can help reduce the risk of Frontotemporal Dementia.

To learn about reducing the risk: [Click Here](#)

## WHAT ARE THE SYMPTOMS?

This type of dementia affects the frontal lobes and temporal lobes of the brain. This means that you may notice changes in personality. A person with Frontotemporal Dementia may not be aware of these changes. They are not trying to hurt or embarrass others on purpose.

Other symptoms depend which subtype the person has. There are three main subtypes:

### 1. Behavioural Variant of Frontotemporal Dementia

- They may say or do things that are out of character for them.
- They may also have trouble thinking, planning, and problem solving.

### 2. Progressive Non-Fluent Aphasia

- They may experience problems with speech and grammar.
- They may also lose the ability to understand complex sentences.

### 3. Semantic Dementia

- The person may experience a loss of knowledge. This can look like problems understanding the meaning of words or naming things.

As the dementia progresses, you may start to see symptoms for more than one subtype. To learn more about symptoms of dementia, [Click Here](#)

## HOW IS IT DIAGNOSED?

The doctor must first rule out other possible causes of symptoms. The doctor might also refer the person to a specialist for tests. There is no single test to detect Frontotemporal Dementia. Instead, experts use a combination of tests. This includes tests of mental abilities and brain scans. Tests of mental abilities can show symptoms and their severity. Brain scans can show the location of brain damage.

It is important to diagnose the right type of dementia. Some medicines may help one type but have harmful effects for another.

Getting a diagnosis can take time. Details from close friends or family members may help the experts arrive at a diagnosis. It is best to express concerns to a doctor early so that they can track changes in symptoms.

## WHERE CAN I FIND MORE INFORMATION AND RESOURCES?

- Reach out to the Dementia Society - No One Should Face Dementia Alone™ <https://dementiahelp.ca/>
- Connect with a Dementia Care Coach: <https://dementiahelp.ca/programs-services/dementia-care-coach/>
- Sign up for the Dementia Basics workshop: <https://dementiahelp.ca/programs-services/ottawa-programs/>
- Learn more about Frontotemporal Dementia: <https://www.caregiver.org/frontotemporal-dementia>
- Read more about Dementia and caregiving: <https://dementiahelp.ca/understanding-dementia/resources-factsheets/>

**Ottawa:** 613-523-4004 **Renfrew-County:** 1-888-411-2067 | [info@dsorc.org](mailto:info@dsorc.org) | [DementiaHelp.ca](https://DementiaHelp.ca)

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