



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

WHAT IS VASCULAR 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.

Vascular Dementia is caused by a lack of blood supply to the brain. Brain cells need a constant supply of blood and nutrients to work well. A lack of blood supply could be caused by a leak in blood vessels or a blockage.

Vascular Dementia can look different for each person. The cause and the location of brain damage can change the way this dementia progresses.

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

IS IT GENETIC?

Vascular Dementia is not hereditary. This means it cannot be passed from a parent to their child. There are other diseases, like cardiovascular diseases (sometimes called heart diseases), that can lead to Vascular Dementia. These diseases may be hereditary.

Other risk factors for Vascular Dementia include:

- Age
- High blood pressure
- Diabetes
- Obesity
- Lack of exercise
- Poor diet
- High cholesterol
- Smoking

It is never too early to make lifestyle changes to reduce the risk. To learn about reducing the risk of dementia: [Click Here](#)

WHAT ARE THE SYMPTOMS?

Damage can happen in different brain areas and lead to a wide range of possible symptoms. These could include:

- Slowness in thinking
- Trouble concentrating
- Difficulty planning and organizing
- Mood changes like apathy, anxiety, or depression
- Problems with speech, vision, or weakness in a limb

When someone has symptoms of dementia, they may not notice these changes. Try not to correct or blame them. To learn more about symptoms, [Click Here](#)

HOW IS IT DIAGNOSED?

The doctor must first rule out other possible causes of symptoms. The doctor may also refer the person to a specialist for tests. There is no single test to detect Vascular 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.

For Vascular Dementia, doctors will ask for a history of heart disease in close family members. They will also assess the person's current heart health.

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 keep track of 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 vascular dementia: <https://www.caregiver.org/vascular-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 | DementiaHelp.ca

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