



Understanding Dementia

"Dementia" is a general term used when a person has developed difficulties with reasoning, judgment, and memory. People who have dementia usually have some memory loss as well as difficulty in at least one other area, such as:

- Speaking or writing coherently (or understanding what is said or written)
- Recognizing familiar surroundings
- Planning and carrying out complex or multi-step tasks

Please bring your new Medicare card for your next visit.

Alzheimer disease — Alzheimer disease is the most common cause of dementia. Scientists have not yet determined exactly why or how it develops. However, they do know that Alzheimer disease produces specific changes in the brain.

Parkinson disease dementia — Dementia can also occur later in the course of Parkinson disease and has symptoms that are very similar to dementia with Lewy bodies.

Vascular dementia — People with vascular dementia have damage to parts of the brain due to reduced blood flow. This can happen when the blood vessels in the brain get clogged with blood clots or fatty deposits.

Frontotemporal dementia — There are different types of frontotemporal dementia. One causes personality changes and may cause inappropriate social behaviors. In other types, the most prominent symptoms involve using and understanding speech and language.

Dementia with Lewy bodies — It causes symptoms characteristic of Parkinson disease, such as trembling, stiffness, and difficulty moving normally. This disorder also often causes hallucinations, which can be vivid and realistic.

Mixed dementia — Among people at more advanced age (80 and older), there can be more than one cause of dementia, often both Alzheimer disease and vascular damage.

Other causes of dementia — Dementia can also be caused by cumulative damage to the brain over time. This can happen in people with chronic alcoholism or repeated head injuries.

"Remember to listen with your ears, eyes, and especially with your heart to your family with dementia."

Jorge Duchicela, MD.

Dementia treatment

The treatment approach depends in part on the type of dementia a person has. There is no cure for dementia. People with vascular dementia should focus on getting their blood pressure and cholesterol under control to reduce the risk of further damage to the brain. People with dementia related to Parkinson disease, meanwhile, sometimes need medications used to manage their disease. Although scientists are learning more about Alzheimer disease all the time, there is currently no cure. There are a number of medications that may help to control some of the symptoms of Alzheimer disease.



2019
May
CCM
Dr. Jorge Duchicela



Did you schedule your Medicare covered annual wellness visit?

Medicare covers the cost of a beneficiary’s annual wellness visit with his or her physician. These visits are designed to help Medicare beneficiaries and their doctors develop personalized prevention plans, at no cost to the patient, that take a comprehensive approach to improving health and preventing disease. This means that the beneficiary and his or her physician can work together to develop a proactive strategy that manages health based on a beneficiary’s specific health needs.

The annual wellness visit includes the following services:

- Routine measurements, such as a beneficiary’s height, weight, blood pressure, and body mass index
- Review of the medications, supplements, and vitamins the beneficiary is currently taking
- Discussion of personalized health advice that takes into account a beneficiary’s risk factors and specific health conditions or needs, including weight loss, physical activity, smoking cessation, fall prevention, gun safety, vaccines, blood transfusions and nutrition
- Review of a beneficiary’s functional ability and level of safety, including any cognitive impairment, as well as a screening for depression
- Review of a beneficiary’s individual medical and family history
- Discussion of the care that the beneficiary is receiving from other health care providers
- Discussion of referrals to other appropriate health education or preventive counseling services that may help a beneficiary minimize or treat potential health risks
- Planning a schedule for the Medicare screening and preventive services that are appropriate for the beneficiary over the next five to 10 years

A beneficiary is eligible for a Medicare covered annual wellness visit every 12 months.



“Remember, your medical information is completely confidential.”
Jorge Duchicela, MD



2019 May CCM Dr. Jorge Duchicela