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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## The Symptoms Of Dementia

By Heather Colman

Dementia is the progressive decline in cognitive function due to damage or disease in the brain

beyond what might be expected from normal aging. Particularly affected areas may be memory, attention, language and problem solving, although particularly in the later stages of the condition, affected persons may be disoriented in time, not knowing what day, week, month or year it is, not knowing where they are not knowing who they are.

Symptoms of dementia can be classified as either reversible or irreversible depending upon the etiology of the disease. Less than 10% of all dementias are reversible. Dementia is a non-specific term that encompasses many disease processes, just as fever is attributable to many etiologies.

Early symptoms of dementia often consist in changes in personality, or in behavior. Often dementia can be first evident during an episode of delirium. There is a higher prevalence of eventually developing dementia in individuals who experience an acute episode of confusion while hospitalized.

Dementia can affect language, comprehension, motor skills, short-term memory, ability to identify commonly used items, reaction time, personality traits, and executive functioning. Even without signs of general intellectual decline, delusions are common in dementia (15-56% incidence rate in Alzheimer's type, and 27-60% incidence rate in multi-infarct dementia). Often these delusions take the form of monothematic delusions, like mirrored self-misidentification.

Elderly people can also react with dementia-like symptoms to surgery, infections, sleep deprivation, irregular food intake, dehydration, loneliness, change in domicile or personal crises. This is called delirium, and many if not most dementia patients also have a delirium on top of the physiological dementia, adding to the symptoms. The delirium can go away or greatly improve when treated with tender care, improved food and sleeping habits, but this does not affect the alterations in the brain. Affected persons may also show signs of psychosis or depression. It is important to be able to differentiate between delirium and dementia.

Proper differential diagnosis between the types of dementia will require, at the least, referral to a specialist, e.g. a geriatric internist, geriatric psychiatrist or neurologist. However, there are some brief

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5–15 minute tests that have good reliability and can be used in the office or other setting to evaluate cognitive status.

Except for the treatable types listed above, there is no cure to this illness, although scientists are progressing in making a type of medication that will slow down the process.

Disclaimer – The information presented here should not be interpreted as medical advice. If you or someone you know suffers from Dementia, please consult your physician for the latest treatment options.

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<http://www.dementia-nucleus.info>

### **We All Need These Vitamins – Vitamin B12 And Folacin**

**By Keith George**

During the last years the vital importance of vitamin B12 and folacin for our health has become more obvious. Perhaps you have heard that folacin is important during pregnancy. Deficiency can cause severe damages to the fetus. In the USA and other countries one has added synthetic folacin to prevent damages to the fetus.

Also B12 is of importance as both vitamins are interacting to have an effect. Both vitamins have great importance even in other cases. The risk of developing dementia are for example bigger if you suffer from a deficiency of one of these vitamins.

Vitamin B12 and folacin are important for every cell of the body. B12 and folacin interact in vital functions of all cells. For example they are necessary for the cells to divide and grow in a normal way. That is why they are of great importance for the growing foetus.

The first symptoms of deficiency can also come from the cells that divide too fast, for example blood cells and the cells of mucous membrane. The symptoms will result in a type of anemia often combined with a red tongue and shear mucous membranes in the mouth.

Both vitamins are also necessary for the nerve system to function well, for the nerve cells and for the signal substances that transmit the nerve impulses. If not treated this kind of deficiency can cause permanent damages of the nerves.

A deficiency may occur as a result of an inability to absorb B12 from food and in strict vegetarians who do not consume any animal foods. As a general rule, most individuals who develop a vitamin B12 deficiency have an underlying stomach or intestinal disorder that limits the absorption of vitamin B12. Sometimes the only symptom of these intestinal disorder is subtly reduced cognitive function resulting from early B12 deficiency. Anemia and dementia follow later.

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Characteristic signs, symptoms and health problems associated with B12 deficiency include anemia, fatigue, weakness, constipation, loss of appetite and weight loss.

Deficiency can also lead to neurological changes such as numbness and tingling in the hands and feet. Additional symptoms of B12 deficiency are difficulty in maintaining balance, depression, confusion, dementia, poor memory and soreness of the mouth or tongue.

Many of these symptoms are very general and can result from a variety of medical conditions other than vitamin B12 deficiency. It is important to have a physician evaluate these symptoms so that appropriate medical care can be given.

Keith George always writes about valuable news & reviews. A related resource is

<http://the-vitamin-b12.info/>

Further information can be found at

<http://the-technical.info/?p=12>



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