

Dementia Friendly Nevada
Friday, August 19, 2016

1. Presentation by Dr. Dylan Wint, Dementia Basics
 - a. 10 Signs of Dementia
 - i. Most people will not have all. These are not the only signs that can occur, but they are the most common.
 - b. Dementia is a collection of syndromes.
 - c. Dementia is an acquired, objective cognitive decline.
 - d. It has to interfere with day to day living.
 - e. Questions?
 - i. Stress as a co-morbidity? Myelin disease as a risk?
 1. Stress Dr. Wint's guess is that it is toxic to the brain. Brain morphology, reduced size of caudate. Depression and anxiety disorders reduce the size of the hippocampus. Too little stress may also be toxic. People that work longer, tend to live longer.
 2. Under 65, multiple sclerosis is the most common impairment of myelin diseases. In addition to lesions there is brain atrophy and cognitive decline.
 - ii. Diet?
 1. The potential effects of diet on diabetes and hypertension. Levels of vitamin E and flavanoid, people that report higher intake report lower incidences. MIND diet, Rush University researchers, the people who were able to stick to it 75% of the time had reduced cognitive decline. Eat dark green leafy vegetables.
 - iii. Traumatic events vs. stress?
 1. Mother develops symptoms of Alzheimer's disease. We don't know if it is due to traumatic events or stress. Sometimes the spouses are covering, which can reveal the person has cognitive impairment.
 - iv. CJD disease.
 1. Treated for dementia, but Mad-cow diagnosis confirmed after death. Points out that you can get misdiagnosis.
 - f. Common language. Do you all feel comfortable with dementia terminology?
2. Mission Statement
3. Questionnaires
 - a. Suggestions to include more information to questions.
 - b. Questionnaires revealed complicated topics. The groups really struggled. Purpose is to engage. To form groups that are cohesive and take the next step.
4. Sector meetings to be scheduled.
5. End of Phase 1: Kick off Event, Wednesday, September 21, 9:00AM-11:00AM, Cleveland Clinic Event Center, 888 W. Bonneville Ave., Las Vegas, NV 89106.