



Five things you should know about dementia

Dementia is not a natural part of ageing

Dementia doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset dementia.

Dementia is caused by diseases of the brain

Diseases such as Alzheimer's disease cause nerve cells to die, damaging the structure and chemistry of the brain.

It's not just about losing your memory

Dementia often starts by affecting short-term memory, but can also affect the way people think, speak, perceive things, feel, and behave.

People can still live well with dementia

Support treatments are available that can help with symptoms and managing daily life.

There is more to the person than the dementia.

In the same way that we would look at someone with cancer or diabetes and see a person first, there is more to a person than the dementia.



Alzheimer's Society is the UK's leading dementia charity – there for the 850,000 people currently living with dementia in the UK, and the 670,000 people who care for them. We believe that a world without dementia is within our reach, but until a cure is found, no one should have to face it alone.

For more information contact Alzheimer's Society: iuad@alzheimers.org.uk

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The National Dementia Helpline is available 7 days a week for support and advice - 0300 222 11 22