

Q What should I do if my loved ones or I start to forget things or become confused?

A Go to your GP. This is not always an indication of dementia. It could be that the person has an infection or may be depressed.

Q What is dementia?

A Dementia is the result of brain disease. It causes problems with memory and daily living. The most common types of dementia are Vascular and Alzheimers disease

Q What is Vascular Dementia?

A If for any reason the blood is unable to feed the brain, those brain cells die. This results in the brain being unable to carry out all of its normal functions. Memory problems are often the first symptom to be noted.

Q What causes damage to the vascular system?

A Possible causes are high blood pressure, heart problems, high cholesterol and diabetes. It is therefore best to ensure these problems are kept under control.

Q What is Alzheimers Disease?

A We all produce Tau Protein. This helps to maintain cell structure to allow impulses (messages) to be sent to the appropriate part of the brain. When the Tau Protein is over-produced, it sticks together in layers, twists, and blocks the cell. The brain is then unable to carry out all of its normal functions. Memory problems are often the first symptom to be noted.

Q What will the GP do if it is thought I have a dementia?

A You will be referred to psychiatric services who specialise in this illness.

Q Will the new medication that has been spoken about in the media be available for Alzheimers Disease?

A No. The medication is called rember™, but it is still at the Trial stage. It has been given to over 300 people with Alzheimers Disease throughout Britain and Singapore. It appears helpful to some people. Before rember™ can be prescribed, it has to be licensed by the

regulatory bodies. Before this happens, there needs to be another Trial done on a much larger scale, over several countries.

Q Has the subsequent Trial started, and can I be included?

A No, the Trial has not yet begun, so recruitment has not started. When the Trial does begin, if you meet the criteria, you will be invited to take part.

Q How can I be sure to be invited to take part?

A When the Trial begins, all psychiatrists dealing with patients suffering from Alzheimers Disease, will be given the required information. If it appears you meet the criteria for the Trial, they will refer you to the Trial team. After a screening process, if you still meet the strict criteria, you will be invited to participate.

First port of call for any memory problem is your GP.

If you would like more information on memory problems visit the website for Alzheimers Scotland:

www.alzscot.org