

VASCULAR DEMENTIA FACT SHEET

What is Vascular Dementia?

The second most common type of Dementia, with signs and signals that are almost identical to Alzheimer's Disease. After onset, its development is typically characterised by:

- A stepwise, as opposed to gradual, progression
- Memory loss, particularly when remembering recent events and the names of people and things.

Cause

Vascular (multi-infarct) Dementia (is an) irreversible form of dementia and the onset is caused by a vascular lesion in the brain. Some risk factors include:

- Hypertension
- Smoking
- Hyper-cholesterol
- Diabetes
- Being overweight
- Unhealthy diet
- High alcoholic intake
- Lack of exercise
- High blood pressure
- Strokes

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