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Dementia! A new approach to a difficult condition

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Dementia is a leading topic not just for researchers but also for families and caregivers involved in the care of patients suffering from them. It is not a sign or symptom of “Healthy Aging”, but a loss of memory as a function of the brain. Dementia is not Alzheimer’s and vice versa. Despite the advances in dementia, the research and the medications available to slow the progress of dementia, the understanding goes far and beyond the common man. To some it is a dreadful thing to happen in later age and to some it is a burden for the rest of the patient’s life, while to others it is sense of disconnection to the society or community and family. What have we learned about dementia? What have we unlearned about dementia? What have we not thought or even considered in dementia research? What have we missed in our focus on dementia? Pharmaceuticals, nutraceuticals, nutrition, physical activity, mental activity and more have been considered. We still cannot figure why some suffer from dementia and some do not. In my own career of more than 15 years caring for persons and their caregivers in the world of dementia, I have learned a few salient points. One size does not fit all and nor should it? Don’t you agree? If so, come join me in unmasking dementia as a health care futurist, dementia and aging life care specialist/consultant and healthtech entrepreneur!

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