

# International Conference on **Geriatrics & Gerontology**

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## Modern trends in the treatment of dementia

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**D**ementia is a general term used to describe several disorders characterized by memory loss and at least one other cognitive dysfunction such as aphasia, apraxia, agnosia and executive dysfunction. These must represent a decline from previous level of function and be severe enough to interfere with activities of daily living (ADLs) and independence. Although dementia is common affecting more than 10 percent of adults age 65 years and older, it is not an inevitable part of aging. Alzheimer's disease (AD) accounts for the majority of cases of dementia. Other types of dementia include vascular dementia, lewy body dementia, Parkinson-related dementia, alcoholic dementia and fronto-temporal dementia. The main focus of treatment is to enhance quality of life and maximize functional performance by improving cognition, mood and behavior. Treatment modalities may be non pharmaceutical or pharmaceutical. Non pharmaceutical treatments include cognitive rehabilitation, support therapy and physical and occupational therapy. Cholinesterase inhibitors are the mainstay of pharmaceutical therapy. N-methyl-d-aspartate receptor antagonists are used for more advanced disease. Non pharmaceutical therapy should be tried first with patients with behavioral problems and pharmaceutical treatment should only be used when non pharmaceutical methods fail.

## Biography

Cheryl Atherley-Todd, MD, CMD is a board certified family physician with a certificate of added qualification in Geriatrics. She is an Assistant Professor in Family Medicine at Nova Southeastern University since 2010. She is the Assistant Medical Director at a long term care facility and she was a family physician in Jamaica for many years prior to migrating to USA. She has a special interest in dementia.

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