



Common Types of Dementia Associated with Memory Loss

Armand Schachter*

Department of Psychiatry, Mount Sinai Medical Center, New York, USA

DESCRIPTION

Although memory loss is a natural aspect of ageing, it is a key contributor to mild cognitive decline and one of the most common anxieties among those over 65. Memory loss, particularly delayed recall, might indicate the development of dementia, which is often followed by institutionalization and a decline in quality of life. Memory loss and cognitive decline affect ethnic groups differently, as they do with many other health issues. A review of current research on memory loss and culture, social determinants, and ethnicity confirms previous findings about negative correlations between socioeconomic status, education level, mental activity, and memory loss, but finds few conclusive links between health risk factors and memory loss or cognitive decline. This fourth essay in the series on "Nutrition, Culture, and Women's Health" looks at some of the ethnic disparities in memory loss and cognitive decline. The relevance of food and recent findings on health-related risk factors for cognitive decline are discussed.

Memory loss (amnesia) is a type of forgetfulness that occurs frequently. You can be unable to recall recent events, one or many past recollections, or both. Memory loss may occur for a brief period of time and then disappear (transient). It may not go away, or it may worsen over time, depending on the source. In severe situations, memory loss might make it difficult to carry out daily tasks.

Normal ageing can lead to a loss of memory. It's common to have difficulty learning new content or to require additional time to recall it. Normal ageing, on the other hand, does not result in significant memory loss. Other diseases might cause memory loss.

Memory loss can be caused by a variety of factors. To figure out what's causing the condition, your doctor will ask if it started suddenly or gradually.

Many parts of the brain are involved in the creation and retrieval of memories. Memory loss can be caused by a problem in any of these areas.

Memory loss may result from a new injury to the brain, which is caused by or is present after:

- Brain tumor
- Cancer treatment, such as brain radiation, bone marrow transplant, or chemotherapy
- Concussion or head trauma
- Not enough oxygen getting to the brain when your heart or breathing is stopped for too long
- Severe brain infection or infection around brain
- Major surgery or severe illness, including brain surgery
- Transient global amnesia (sudden, temporary loss of memory) of unclear cause
- Transient ischemic attack (TIA) or stroke
- Hydrocephalus (fluid collection in the brain)
- Multiple sclerosis
- Dementia

Sometimes, memory loss occurs with mental health problems, such as:

- After a major, traumatic or stressful event
- Bipolar disorder
- Depression or other mental health disorders, such as schizophrenia
- Memory loss may be a sign of dementia. Dementia also affects thinking, language, judgment, and behavior.

Common types of dementia associated with memory loss are:

- Alzheimer disease
- Lewy body dementia
- Fronto-temporal dementia
- Progressive supranuclear palsy
- Normal pressure hydrocephalus
- Creutzfeldt-Jakob disease (mad cow disease)

Correspondence to: Armand Schachter, Department of Psychiatry, Mount Sinai Medical Center, New York, USA, E-mail: Armand@schachter.edu

Received: 01-Mar-2022, Manuscript No. BDT-22-16471; **Editor assigned:** 03-Mar-2022, PreQC No. BDT-22-16471 (PQ); **Reviewed:** 18-Mar-2022, QC No. BDT-22-16471; **Revised:** 25-Mar-2022, Manuscript No. BDT-22-16471 (R); **Published:** 31-Mar-2022, DOI: 10.35248/2168-975X.22.11.152.

Citation: Schachter A (2022) Common Types of Dementia Associated with Memory Loss. Brain Disord Ther.11:152.

Copyright: © 2022 Schachter A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.