

TABLE 1 MAIN TYPES OF DEMENTIA

Type	Features
Alzheimer's disease	<ul style="list-style-type: none">● Primarily characterised by a build-up of abnormal protein structures in the brain called 'plaques' and 'tangles'. These lead to a breakdown in the connections between nerve cells and death of brain tissue● Progressive memory loss is the main symptom. Others include reduced ability to make decisions and carry out tasks, poor orientation and visuospatial skills, difficulty with language and mood disturbances
Vascular dementia	<ul style="list-style-type: none">● Caused by failure of oxygen supply to the brain due to diseased blood vessels; may also involve transient ischaemic attacks, microbleeds or cerebrovascular incidents (strokes)● The death of brain cells means it is characterised by problems with cognition, particularly memory and reasoning, which eventually affect daily activities● Symptoms depend on area of brain affected, but can develop quickly after a stroke, for example, or more slowly in the case of blood vessel disease
Dementia with Lewy bodies	<ul style="list-style-type: none">● Lewy bodies are tiny deposits of abnormal protein that collect in the nerve cells, and over time seem to interfere with nerve cells, eventually causing a loss of brain cells● Lewy bodies are also a factor in Parkinson's disease, and can cause a mix of cognitive symptoms similar to Alzheimer's such as memory loss, and physical symptoms linked to Parkinson's disease such as motor difficulties
Frontotemporal dementia	<ul style="list-style-type: none">● This dementia involves a range of conditions that include Pick's disease. Sometimes misdiagnosed as mental health problems and/or associated with neurological problems, it has two subtypes: a behavioural subtype and a language disturbances subtype