



Celebrating World Alzheimer's Day

The theme of this year's World Alzheimer's Month 2022 is Know Dementia, Know Alzheimer's to raise global awareness around dementia.

Dementia knows no social, economic or geographical boundaries. Those affected are unable to care for themselves and need help with all aspects of daily life.

Dementia is a collective name for progressive degenerative brain syndromes which affect memory, thinking, behavior and emotion. Alzheimer's disease and vascular dementia are the most common types of dementia and are responsible for up to 90% of cases of dementia. Symptoms may include: loss of memory, difficulty in performing previously routine tasks, difficulty in finding the right words or understanding what people are saying and personality and mood changes.

Dementia is now the 7th leading cause of death worldwide. Today, more than 55 million people worldwide are living with dementia.

Although there is no cure at present, there are still medications which can help with some of the symptoms. A diagnosis provides an opportunity to discuss dementia and plan for the future to maximize the patients quality of life and maximize independence.

Qatar National Dementia Plan 2018-2022 includes seven work areas to improve Dementia patients' care. These include: Dementia is one of the priorities of public health; awareness of Dementia and understanding it; reducing the risks of Dementia; diagnosis of Dementia, its treatment, the health care and support; supporting the caregivers of the people with Dementia; Dementia Information systems and dementia-related research and innovation.

