**Tip of the Month from Health & Wellness Committee**

**What is the difference between Dementia and Alzheimer’s disease?**

The term dementia is the broad term used to describe that there is a problem with the brain working properly, and it is an irreversible cause of memory loss. There are over 120 types of dementia and most are very rare. Alzheimer’s disease is the most common type of dementia. Some of the other more common types of dementia are Huntington’s disease, vascular dementia, Lewy Body dementia and Frontal Temporal Lobe dementia. Someone in the US develops Alzheimer’s every 67 seconds and that statistic is now over 3 years old.

We all find ourselves making comments about forgetting things as we get older, so let’s go over what is normal and what is not. It’s a fact that our thinking slows down as we get older. It may take us longer to remember things, but it comes back to us. We may misplace things from time to time, like keys. We might make a bad decision sometimes. We become used to our routines as we age, it’s familiar and comforting. However, memory LOSS is NOT normal,such asputting things in odd and unusual places. Bad decisions and judgement are not normal. Isolation from social activities is not normal, nor are changes in our behavior and personalities.

Dementia affects the entire family. Together, we can learn more and help to raise awareness to remove the stigma, not be afraid to talk about it and reach out for help when we need it.

Some of our Redondo Beach Chamber members can help answer any questions or concerns you may have. Check our website directory for [Senior Services](http://web.redondochamber.org/directory/results/results.aspx?keywords=Senior+Services&adkeyword=Senior+Services) and for [Senior Community](http://web.redondochamber.org/Senior-Community).

You can also find information at [Alzheimer’s Greater Los Angeles](http://www.alzgla.org/resources/).

*Contributed by Lisa Bricker, Heart Light – A Referral Service*