

# **Dementia - signs and symptoms, useful and dangerous products, folk remedies**

*Lazareva*, general practitioner, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* lazareva.v@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** Dementia is a syndrome characterized by an acquired decrease in intelligence and impaired social adaptation of the patient (decreased ability for professional activities, self-care), develops as a result of brain damage.

A decrease in intelligence is manifested in such disorders as: disorder of cognitive functions (attention, speech, memory, gnosisapraxis), the ability to make decisions and plan, control actions. This disease is characteristic of older people, since by this age the development of vascular and degenerative diseases is observed, and age-related atrophic changes in the brain appear.

*Key words:* Dementia, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

## **Prerequisites for the development of dementia:**

Various diseases that provoke multifocal or diffuse damage to the subcortical and cortical parts of the brain (cerebrovascular disease, dementia with Lewy bodies, vascular dementia, alcoholic dementia, brain tumors, Pick's disease (frontotemporal dementia), normal pressure hydrocephalus, dysmetabolic encephalopathies, disease Alzheimer's [1], post-traumatic encephalopathy, stroke [2]).

Often, the cause of dementia is an increase in cholesterol levels [3] in the blood vessels of the brain, which is provoked by excess weight, smoking, insufficient physical activity, overeating, consumption of saturated dairy and animal fats, and easily digestible carbohydrates [4].

## **Early signs of dementia:**

Decreased initiative, physical, intellectual, social activity, weakened interest in the environment, desire to shift responsibility for decision-making to others, increased dependence on others, increased drowsiness, decreased attention during conversations, increased anxiety, depressed mood, self-isolation, limited social circle.

## **Symptoms of dementia:**

Forgetfulness, problems with orientation, difficulty predicting and planning when performing normal activities, thought disorders, changes in behavior and personality traits, excessive agitation, restlessness at night, suspiciousness or aggressiveness, difficulty recognizing friends and relatives, difficulty moving.

## **Healthy foods for dementia**

- Foods that lower cholesterol levels [5]: natural dry red wine (in small quantities and with meals), almonds, avocados [6], barley, legumes, lentils [7], blueberries, oats, vegetable oil (corn, sunflower, linen [8-10]).

- Some scientists believe that the Mediterranean diet [11] significantly reduces the risk of dementia. Her diet includes: a small amount of meat products and meat, olive oil [12], a lot of vegetables, nuts, fruits and fish (tuna, salmon).
- Foods with low levels of “bad” cholesterol [13]: fermented milk products (for example, kefir), lean meats, poultry, lean fish (pike perch, hake, cod, pike, perch), seafood (shrimp, squid, seaweed), sauerkraut [14], rutabaga, seasonings (turmeric [15], saffron, sage, cinnamon [16], lemon balm [17]).
- According to recent scientific research, caffeine [18] also promotes the “destruction” of cholesterol plaques in the blood vessels of the brain.

Dishes should be steamed, boiled, baked or stewed [19] with a minimum amount of salt. Food should be taken in small portions, without overeating at night. Drink plenty of clean water [20] (at least 30 ml per kg of weight).

### **Folk remedies for dementia**

- aromatherapy - lemon balm oil and lavender oil are used (for example, in aroma lamps or during massages);
- music therapy – classical music and “white noise” (the sound of rain, surf, sounds of nature);
- fresh cranberry juice [21] ;
- sage decoction.

### **Dangerous and harmful products for dementia**

To prevent dementia and its development, you should avoid eating foods that contain cholesterol. These include: animal fats (poultry skin, margarine, lard), egg yolk, animal entrails (kidneys, brains, liver), cheese, sour cream, milk, concentrated broths, bone broths, mayonnaise, baked goods, cakes, white bread, sugar.

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