

This flyer has been produced in the framework of the project entitled "Reducing access inequalities in primary healthcare for socially significant diseases at CB Area's deprived communities" with the acronym <equal2health>, which is implemented under the CP INTERREG V-A "Greece-Bulgaria 2014-2020" with partners from Greece and Bulgaria. The contents of the flyer are sole responsibility of CVT Nefeli and can in no way be taken to reflect the views of the European Union, the participating countries the Managing Authority and the Joint Secretariat.



NATIONAL HEALTH INSURANCE
 FUND - REGION SMOLYAN



MUNICIPAL HOSPITAL
 OF DEVIN



DIAGNOSTIC AND CONSULTING
 CENTER "ALEKSANDROVSKA"

As part of the project in the region of Greece, two structures have been established and running providing free medical examinations and counselling for cardiovascular, neurological and psychiatric conditions:

- 1) The "Observatory equal2health" of socially significant diseases in the Program area; Psychiatric Hospital of Thessaloniki, located on 196 Lagada Street, post code 56430, Stavroupoli, telephone number 2313-324268 (Monday and Wednesday 15:00-20:00)
- 2) The Pilot Local check-up centre equal2health of socially significant diseases in the city of Diavata in Thessaloniki «SOS DCP CENTER Diavata equal2health» located on 2 Panagiotou Spyrou street, post code 57008, telephone number 2310 -788630 (extension 407) (Monday to Thursday 15:00-20:00)



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DEMENTIA

What do I need to know

What is Dementia?

Dementia is a general term used to describe the decline in cognitive functions to the extent that they affect a person's daily life.

What is the difference between Dementia and Alzheimer?

Dementia is the general category, while Alzheimer's disease is a specific type of dementia, the most common one. The terms are commonly used indiscriminately, but there are many specific types of dementia such as Jacobs-Creutzfeldt's disease, Huntington's disease, frontotemporal dementia, Lewy body dementia, vascular dementia, and Parkinson's disease dementia.

Symptoms

Dementia affects memory, speech, visual perception, problem solving, self-care, and the ability to concentrate and pay attention. Some people with dementia can't control their emotions and their personalities can change. Dementia varies in severity from the mildest stage, when it is just beginning to affect the patient's functioning, to the stage where the individual relies solely on others for his or her survival. It is noted that dementia can be caused by other causes that are reversible, such as: hydrocephalus, subdural hematoma, hypothyroidism, vitamin B12 deficiency, Toxins, Depression.

It is important to see a doctor and do the necessary tests and check-ups as soon as symptoms appear.

In the early stages, common symptoms include:

- difficulty in adjusting quickly to changes
- mild disorders
- short-term memory
- repeatability
- orientation disorders
- mood swings
- loss of interest

Memory problems are not always a sign of dementia nor is dementia always associated with memory disorders.

In most cases, dementia is progressive and as the condition worsens, new symptoms appear, depending on the stage, such as:

- larger gaps in short-term memory,
- personality changes
- difficulty in solving problems
- difficulty in expressing ideas or feelings
- poor judgement
- psychiatric symptoms

These symptoms continue to worsen until the patient can no longer self-care and needs help in his or her daily life.

Dealing with Dementia

Medication for dementia includes two (2) main categories of medicine: acetylcholinesterase inhibitors and memantine. At the same time, various other medication can be prescribed for the treatment of psychiatric symptoms.

The most important aspect relates to informing relatives and carers so that they are aware what they are dealing with and how to deal with it; this includes addressing the way in which they should behave, their expectations, their rights (allowances), the state care providers available (centres for the retirement of the elderly), their legal obligations (licenses), their legal commitments (wills), the effects on them personally (physical and mental health, family peace). The first step to improvement is knowledge and acceptance.