



## Your Guide to Understanding and Dealing with Dementia: What You Need to Know

By Keith Souter

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Your Guide to Understanding and Dealing with Dementia: What You Need to Know, Keith Souter, There is an average of one new case of dementia every four seconds.\* Dementia encompasses a range of brain diseases, including Alzheimer's disease. They cause cognitive impairment and are much more likely to occur with age. Dementia has a serious effect on the lives of not only its sufferers, but also has a significant impact on their family and friends. This book gives the basic information needed to understand what dementia is, how to recognise it, and, most essentially, how to deal with it, including details on: \* The different types of dementia \* Risk factors and investigation \* The various treatments and supports available \* Daily living, diet, exercise and attitude. \*Source: World Health Organization.



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