

Mayo Clinic Medical Edge
What is Vascular Dementia?

1:00

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Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN YOU THINK ABOUT PROBLEMS WITH MEMORY OR THINKING SKILLS, OFTEN THE FIRST THING THAT COMES TO MIND IS ALZHEIMER'S DISEASE. BUT...
David Knopman, M.D.	"VASCULAR DEMENTIA IS PROBABLY THE SECOND OR THIRD MOST COMMON CAUSE OF DEMENTIA."
	MAYO CLINIC DR. DAVID KNOPMAN SAYS IT'S THE RESULT OF A DECREASE IN BLOOD FLOW TO THE BRAIN. EITHER BECAUSE OF A NARROWING OF A BLOOD VESSEL OR A COMPLETE BLOCKAGE,

	WHICH CAUSES A STROKE.
Dr. Knopman	“SOME PATIENTS WITH VASCULAR DEMENTIA HAVE THOSE SHORT-TERM MEMORY PROBLEMS. OTHER’S DON’T, AND INSTEAD HAVE PROBLEMS WITH MENTAL AGILITY AND DIFFICULTIES WITH THINKING. OTHERS JUST HAVE PROBLEMS WITH SPEAKING AND LANGUAGE. OTHERS HAVE PROBLEMS WITH UNDERSTANDING SPATIAL RELATIONSHIPS.”
	BUT YOU CAN LOWER YOUR RISK BY WATCHING YOUR BLOOD PRESSURE AND CHOLESTEROL LEVELS, EATING HEALTHY, EXERCISING AND NOT SMOKING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.