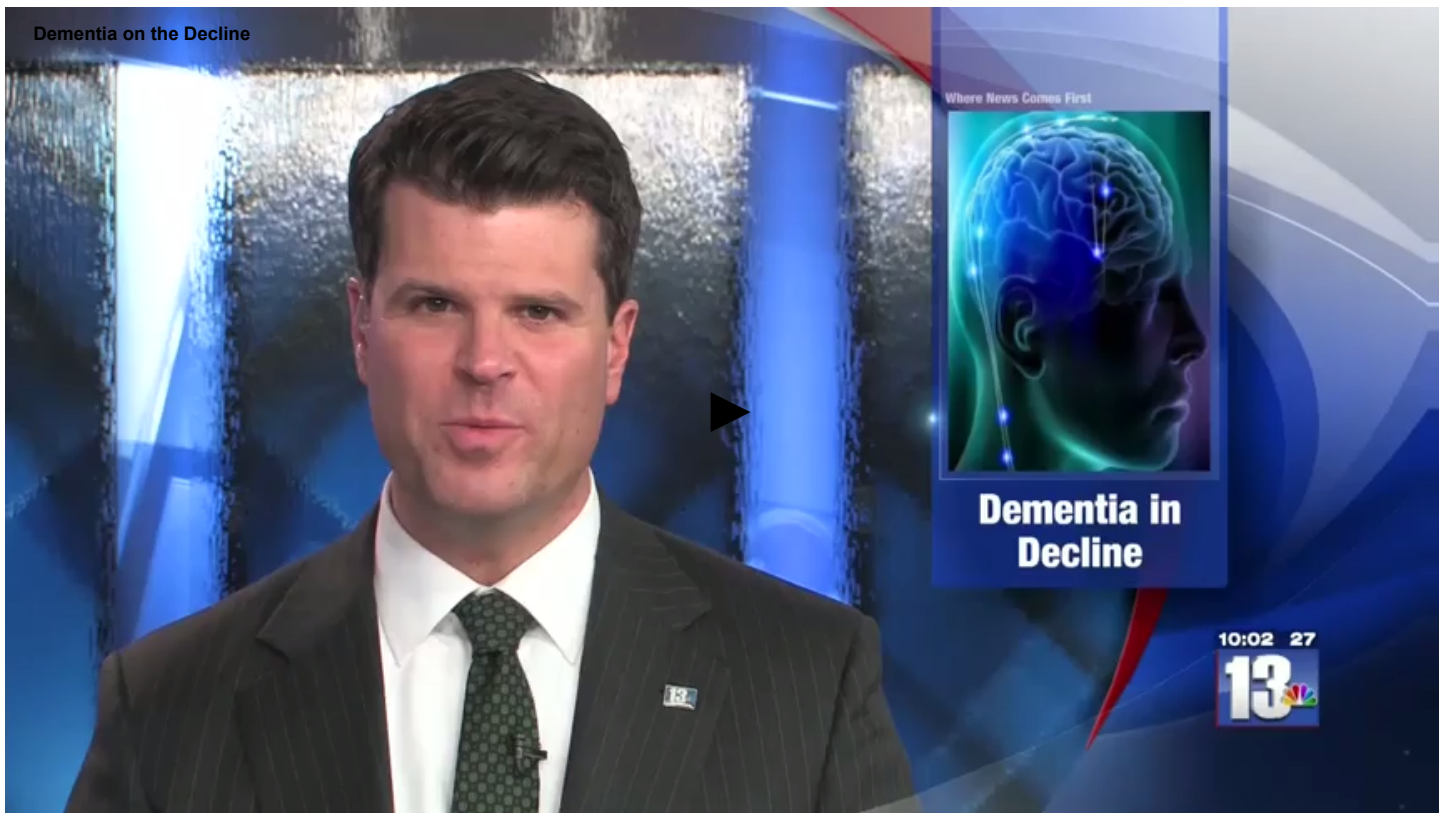


Is Dementia on the Decline?



By Justin Roth | Posted: Tue 10:45 PM, Nov 22, 2016

The Dementia rate might be declining, that's according to a new journal of the American Medical Association report .



The report states American's age 65 and older fell from more than eleven percent in 2000 to nearly nine percent in 2012. But one expert says those numbers may be false hope.

Dementia is a reduction in your cognitive ability; remembering things, confusion, or depression are just some of the symptoms. So is this declining rate of Dementia real?

Kenyne Humphrey is a Certified Dementia Practitioner at Mountain Plaza Assisted Living she says, "I suspect were in kind of a lull between the generations where were going to have the baby boomer population coming and that's when I fear well see the biggest increase in the diagnoses of dementia."

Dementia is not an easy disease, Humphrey adds, "Dementia is kind of an interesting thing to work with. It's very difficult for family its heartbreaking to watch"

This past summer Dementia hit home for Humphrey, both her grandmothers and mother were diagnosed with it.

"It's a whole different story on the personal side I find myself not sure what to do even though I'm suppose to be really great at this. I think they need support" Humphrey says.

Some attribute the current decline with an increase in better education.

Dr. Karl Radke is the Chief Medical Officer at the Community Health Center of Central Wyoming he says, "As far as improving the rates of dementia and lowering the risks for individuals any kind of educational activity would benefit a persons mind in partaking in that."

This means electronics, reading, or other types of activities with others can stimulate the brain and improve memory.

And the best thing for people with Dementia is just showing them support. Humphrey says, "They need to have someone they can go to that have all the answer all the information they need and a way to support them and give them a break when their ready."

Some advice that she now gives and takes herself while loved ones fight this unforgiving disease.

Both professionals said if you suspect someone in your family might have early signs of dementia.. The first thing you should do is gather information. Knowing is half the battle.

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