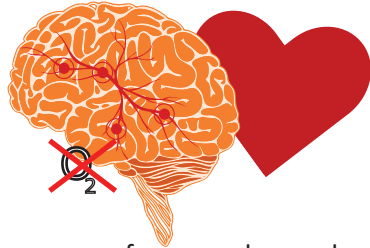




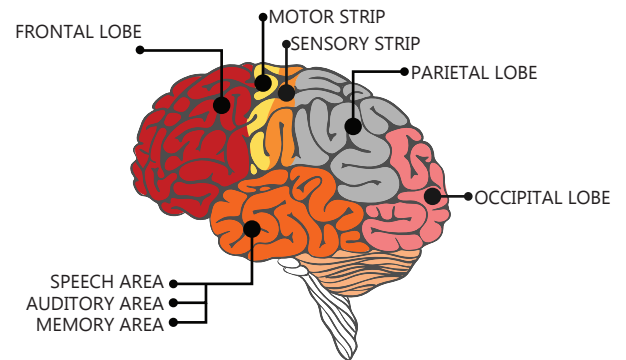
# Vascular memory disorders

Memory diseases caused by various types of cerebral circulation disorder and blood vessel damage in the brain is called vascular memory disease (vascular dementia). Risk factors are related to the environment and lifestyle such as high cholesterol and blood pressure levels, diabetes, alcohol and smoking.



The causes of the disease are, for example, cerebral infarction, cerebral haemorrhage, lack of oxygen in the brain, and cerebrovascular disorders.

The course of the disease is unique and depends on the location of the damage. Cerebrovascular disorders are the second most common cause of memory disorders after Alzheimer's disease. Usually the cause is the disease of the small veins of the brain.



Vascular memory disorders are divided into many types depending on whether the changes are more in the shell of the brain or in the deeper parts of the brain in the so-called white matter.

## Disease symptoms may include:



Damage to the left hemisphere of the brain causes linguistic disturbance, while damage to the right causes difficulty of conceptualizing. Damage to deep parts of the brain often leads to a delay in function.



Functioning becomes more difficult, in essence it is often difficult for a patient to plan their activities, focus on one thing, to comprehend things on a bigger scale and proceed systematically.



Passivity, impaired initiative and difficulty in perceiving a situation are the common symptoms and memory difficulties, and especially memory recovery typical problems.

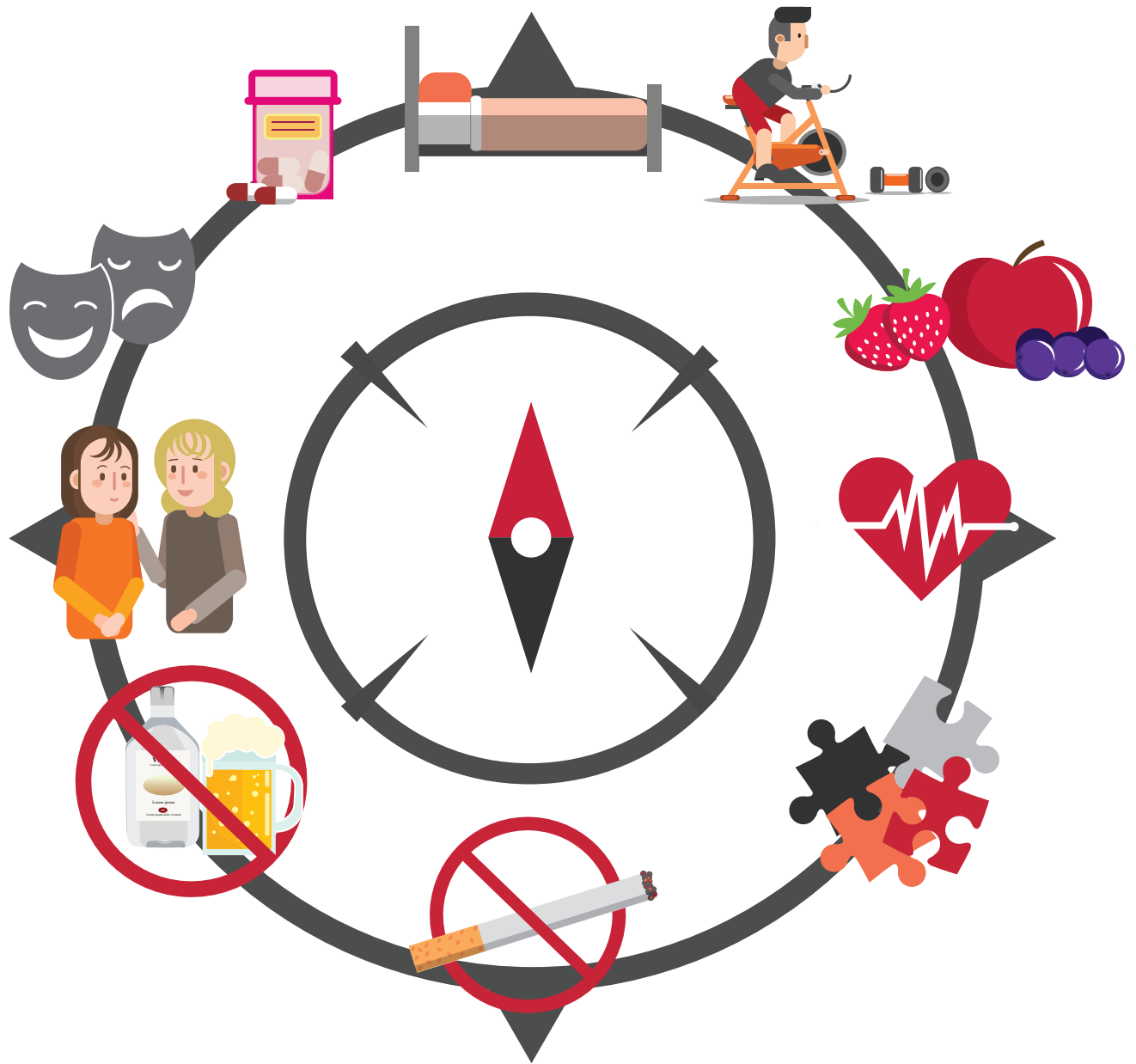


The disease may cause anxiety and depression. Also, emotional sensitivity and mood swings are typical symptoms. Memory is preserved better in vascular dementia compared to Alzheimer's disease. Ability to function changes and improvement in state of mind can also happen.



# COMPASS OF GOOD MEMORY-DISEASE TREATMENT

Healthy lifestyle and lifestyle changes when necessary are part of a good treatment of the disease. It is equally important to support the continuation of sensible life in different ways.



Vascular memory disease treatment focuses on its causes and risk factors, and treats other possible diseases. A good memory-disease treatment consists of the following: exercise, ample sleep, healthy diet, good heart condition, social relations, brain activation and training, substance-free life and necessary medication.

Sources:

[www.muistiliitto.fi](http://www.muistiliitto.fi)

[www.terveyskirjasto.fi](http://www.terveyskirjasto.fi)

[www.kaypahoito.fi](http://www.kaypahoito.fi)

Kuva ja taide: Karen Cipre

[karencipre.deviantart.com](http://karencipre.deviantart.com)



**Salon  
Muistiyhdistys ry**  
Muistiliiton jäsen

