October is **Lewy Body Dementia (LBD) Awareness Month**

**Lewy body dementia** is a progressive brain disorder in older adults.

**LBD is not a rare disease.**
It accounts for up to **20% of dementia cases** & affects an estimated **1.3 million families** in the U.S. alone.

**LBD is challenging to diagnose,**
because symptom onset & combinations vary.

**Early and accurate diagnosis is important,**
because people with LBD often have extreme sensitivity to certain prescription & over-the-counter medications.

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**Tell your doctor if you experience changes in:**

### Thinking & Behavior
- Dementia is the primary symptom and includes problems with memory, problem solving, planning, and abstract or analytical thinking.
- Cognitive fluctuations involve unpredictable changes in concentration and attention from day to day.
- Hallucinations are seeing or hearing things that are not really present
- Other mood disorders and psychiatric symptoms such as depression, delusions (false beliefs), or hallucinations in other senses, like touch or smell.

### Movement
- Parkinson’s-like symptoms include rigidity or stiffness, shuffling gait, tremor & slowness of movement.
- Repeated falls attributed to dizziness, fainting, or the effects of parkinsonism on posture & balance.
- Previous diagnosis of Parkinson’s disease, followed a year or more later by a decline in cognitive abilities that interfere with every day living. (Parkinson’s disease dementia is one clinical presentation of Lewy body dementia.)

### Sleep & Other Systems
- Acting out dreams, sometimes violently. May appear years before any changes in cognition.
- Severe sensitivity to neuroleptics (also known as antipsychotics), which are medications used to treat hallucinations or other serious mental disorders.
- Excessive daytime sleepiness or transient loss of consciousness.
- Significant changes in the autonomic nervous system, such as dizziness, fainting, sensitivity to heat & cold, sexual dysfunction, early urinary incontinence, or constipation.

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Help is available! Visit **lbda.org** to learn more.