

# 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.

**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.



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



**A MONTH TO REMEMBER**

Standing Strong with LBDA