

Some things that might increase the risk of dementia are:

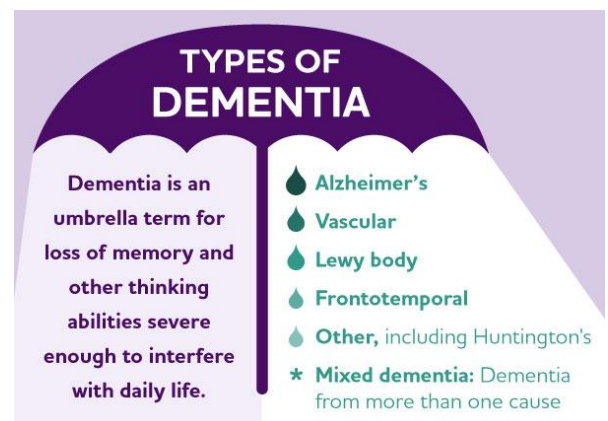
- Age- dementia is more common in people 65 years and older
- Family History
- Race/Ethnicity
 - Older African Americans are 2x more likely to have dementia
 - Hispanics are 1.5x more likely to have dementia
- Poor Heart Health
 - High blood pressure
 - High cholesterol
 - Smoking
- Traumatic brain injury

Diagnosing dementia: a healthcare provider can diagnose Dementia. They can perform tests on attention, memory, problem solving, and other cognitive abilities. Healthcare providers can also perform a physical exam, order blood tests, and brain scans like a CT or MRI to help diagnosis dementia.

Ways dementia is treated: Treatment of dementia depends on the underlining cause and the type of dementia. Medication can be giving to help treat the symptoms and slow down the progression of the condition. Something that can help prevent or prolong dementia is by leading a healthier lifestyle. This includes exercising regularly, eating healthy, and maintaining social contacts.

Most common types of dementia:

- Alzheimer's Disease-accounts for 60-80 percent of cases.
- Vascular Dementia
- Lewy Body Dementia
- Fronto-temporal Dementia
- Mixed Dementia
- Reversible Causes
 - Side effects of medication
 - Increase pressure in the brain
 - Vitamin deficiency
 - Thyroid hormone imbalance



If you are suspicious or notice signs/symptoms of dementia, please talk with a healthcare provider. If you believe a family member, friend, or parishioner has signs or symptoms please talk with their loved ones. This way they can get them into a healthcare provider and get them assessed.

Thank you for taking the time to read or glance over this article. Please let me know if you have any suggestions for future months. Have a wonderful and blessed day.

Blessings,
Danielle

The Teacup Story

There was a couple who used to go to England to shop in the beautiful stores. They both liked antiques and pottery and especially teacups. This was their twenty-fifth wedding anniversary. One day in this beautiful shop they saw a beautiful teacup. They said, “May we see that? We’ve never seen one quite so beautiful.”

As the lady handed it to them, suddenly the teacup spoke. “You don’t understand,” it said. “I haven’t always been a teacup. There was a time when I was red and I was clay. My master took me and rolled me and patted me over and over and I yelled out, ‘Let me alone’, but he only smiled, ‘Not yet.’”

“Then I was placed on a spinning wheel,” the teacup said, “and suddenly I was spun around and around and around, ‘Stop it! I’m getting dizzy!’ I screamed. But the master only nodded and said, ‘Not yet.’”

“Then he put me in the over. I never felt such heat. I wondered why he wanted to burn me, and I yelled and knocked at the door. I could see him through the opening and I could read his lips as he shook his head, ‘Not yet.’”

“Finally the door opened, he put me on the shelf, and I began to cool. ‘There, that’s better’, I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. ‘Stop it, stop it!’ I cried. He only nodded, ‘Not yet.’”

“Then suddenly he put me back into the over, not like the first one. This was twice as hot and I knew I would suffocate. I begged. I pleaded. I screamed. I cried. All the time I could see him through the opening nodding his head saying, ‘Not yet.’”

“Then I knew there wasn’t any hope. I would never make it. I was ready to give up. But the door opened and he took me out and placed me on the shelf. One hour later he handed me a mirror and I couldn’t believe it was me. ‘It’s beautiful. I’m beautiful.’”

“I want you to remember,” then, he said, “I know it hurts to be rolled and patted, but if I had left you alone, you would have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I knew it hurt and was hot and disagreeable in the over, but if I hadn’t put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I hadn’t done that, you never would have hardened; you would not have had any color in your life. And if I hadn’t put you back in that second oven, you wouldn’t survive for very long because the hardness would have not held. Now you are a finished product. You are what I had in mind when I first began with you.”

Author Unknown

Jeremiah 18:68

