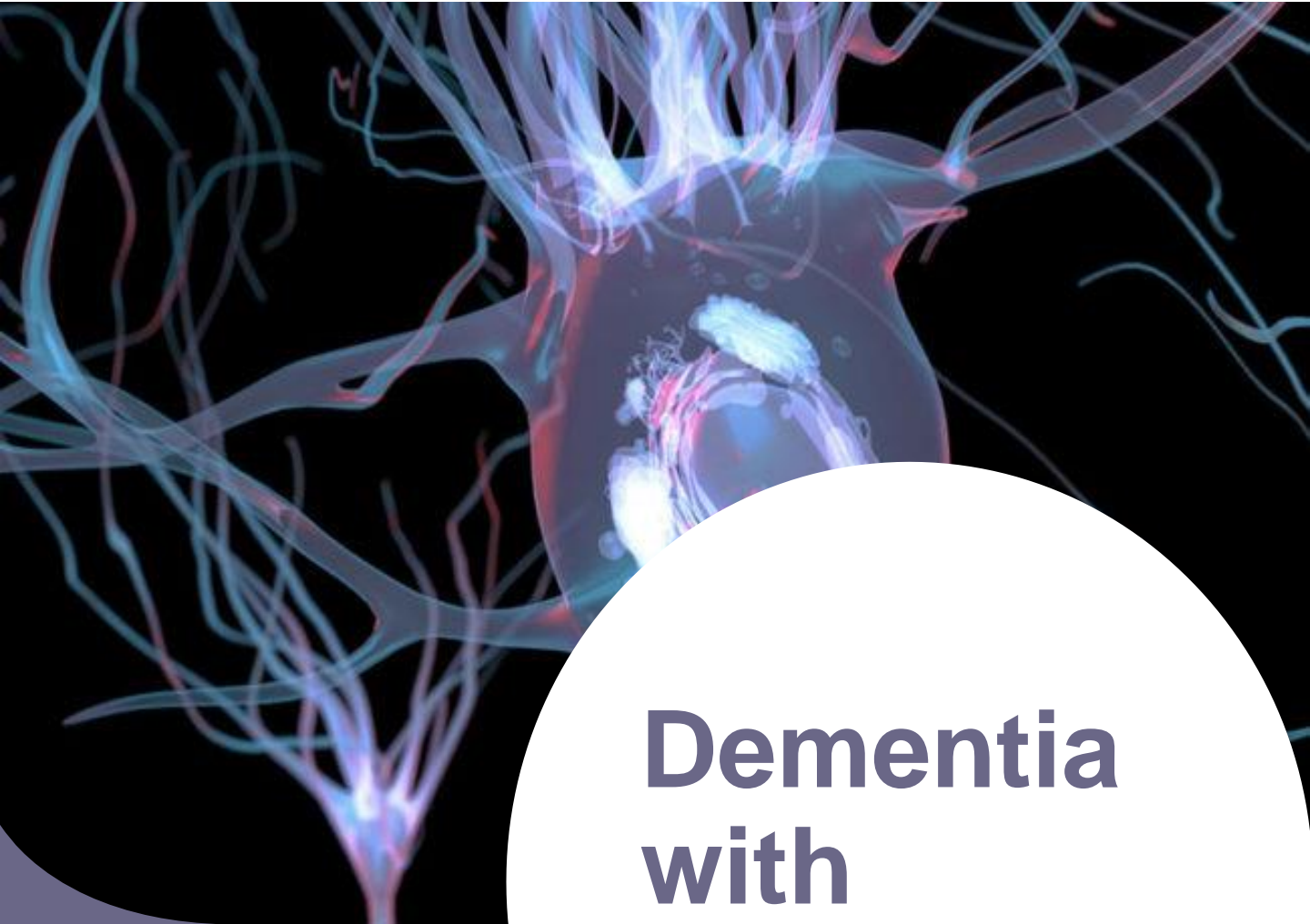




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Dementia with Lewy Body

FACTSHEET

Dementia is a group of symptoms which can affect memory, thinking and behaviour severely enough to interfere with daily life.

Dementia with Lewy Body (DLB) is a progressive brain disorder. It can co-exist with other conditions such as Alzheimer's or Parkinson's disease.



How does it develop?

DLB is caused by the build-up of protein called Lewy bodies in the brain. It is not clear why the Lewy bodies develop. These affect chemical signals within the brain and disrupt the brain's normal functions. In turn, this leads to problems with thinking, behaviour and mood.

What are the symptoms?

There are many symptoms and the speed at which they develop are different for every patient. They include :

- Changes in thinking and reasoning
- Short term memory problems
- Parkinson's symptoms, such as stiff muscles, tremors, stooped posture and shuffling movement.
- Visual hallucinations (seeing things that are not there), vivid and occurring frequently.
- Delusions (beliefs in something that is not real)
- Speech and voice difficulties
- Psychological symptoms such as depression and anxiety
- Sleep behaviour disorder
- Constipation

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What is the difference between Dementia with Lewy Body (DLB) and Parkinson's Disease Dementia (PDD)?

The difference lies largely in the timing of the thinking and movement symptoms. In PDD, changes in movement (muscle stiffness, walking unsteadily or slowing of movements) happen first and then problems with memory arise. In DLB, changes in thinking and reasoning happen within a year of the parkinsonism symptoms (movement changes, tremor or muscle stiffness).

How is DLB treated?

While there's currently no cure for DLB, treatments can help manage the symptoms. These include:

- Receiving supportive therapy, such as physiotherapy, occupational therapy, psychological therapy and speech therapy, to help improve any problems with movement, everyday tasks, anxiety and communication.
- Medication cannot stop the progression of DLB, but some medications used in treating depression, sleep disorders, constipation, Alzheimer's and Parkinson's disease, can help reduce the symptoms.

REMEMBER

Some people with DLB are extremely sensitive or may react negatively to certain over-the-counter medications and medications used to treat Alzheimer's or Parkinson's disease. Discuss this with your doctor.