



FORGETFULNESS

Remembering That You've Forgotten To Remember

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www.PsyWellness.com.sg

Topics:

1. Causes of forgetfulness in adults
2. Dementia in the elderly
3. Coping with forgetfulness
4. Treatment of AD

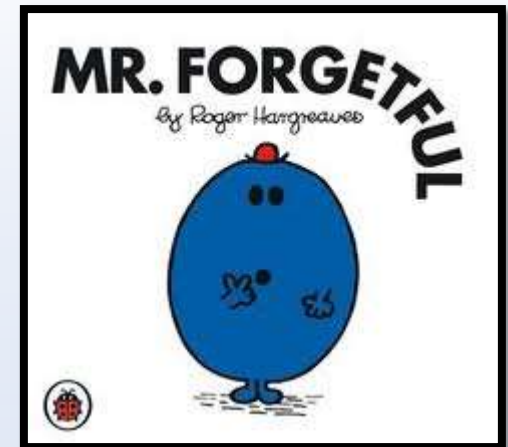
Case Scenario 1

40 year old man, fund manager. Noted by wife to be forgetful and always misplacing things like keys and mobile.

Cannot complete tasks that wife gives to him.

Easily bored and a reckless driver.

Diagnosis?



Causes in Adults

1. Normal
2. Stress and anxiety
- 3. Depression**
- 4. Adult ADHD**
5. Alcohol and Drugs
6. Hypothyroidism

Depression

1. Low mood x >2 weeks
2. Loss of interest
3. Low energy
- 4. Poor focus and concentration**
5. Appetite and weight disturbances
6. Sleep disturbances
7. Suicidal thoughts
8. Guilt feelings and low self esteem



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Adult ADHD

Inattention

- Disorganization, forgetfulness
- Poor time management
- Misses part of conversation

Hyperactivity

- Inner restlessness
- Inability to relax
- Feeling down when inactive and happy when stimulated

Impulsivity

- Interrupting, impatient
- Recklessness, impulsive decision making
- Switching tasks rapidly

Causes in Adults

1. Normal

2. Stress

3.

- Not poor memory but **poor concentration and focus!**

5. Alcohol and Drugs

6. Hypothyroidism

Coping with Forgetfulness

- ✓ Plan tasks, make "to do" lists
- ✓ Engage in physical activity and exercise
- ✓ Time management
- ✓ Develop a hobby



URGENCY	
High	Low
IMPORTANCE	1 Urgent and important Do it now
	2 Important not urgent Decide when to do it
IMPORTANCE	4 Urgent not important Delegate it
	3 Not important not urgent Dump it
Low	



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Coping with Forgetfulness

- ✓ Limit alcohol use
- ✓ Treat underlying conditions
 - Depression: Antidepressants
 - Adult ADHD: stimulants

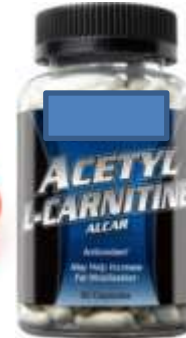
Brain Boosters??

Caffeine

Acetyl L-Carnitine

Ginkgo Biloba

Ginseng Panax



Case Scenario 2

70 year old man, retired ex math teacher. Avid mahjong player. Started making mistakes and *zha hu* during games. Also started forgetting his way around the neighbourhood.

Wife noted change in behaviour, became withdrawn and quiet.

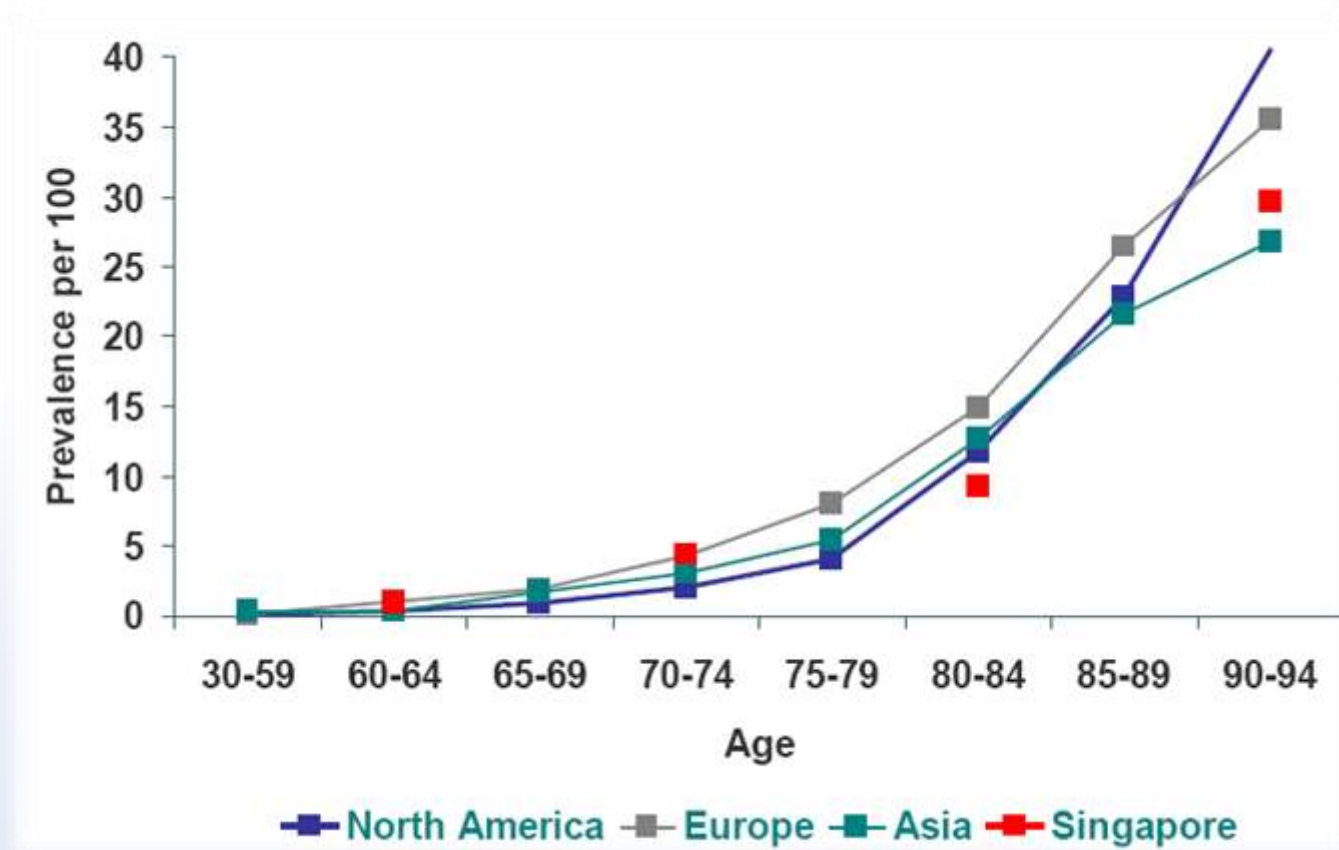
Diagnosis?

Causes in Elderly

1. Normal aging
2. Dementia
3. Depression
4. Medical Conditions
 - Vitamin B₁₂ or folate deficiency
 - Cerebral Vascular Accidents (Strokes)

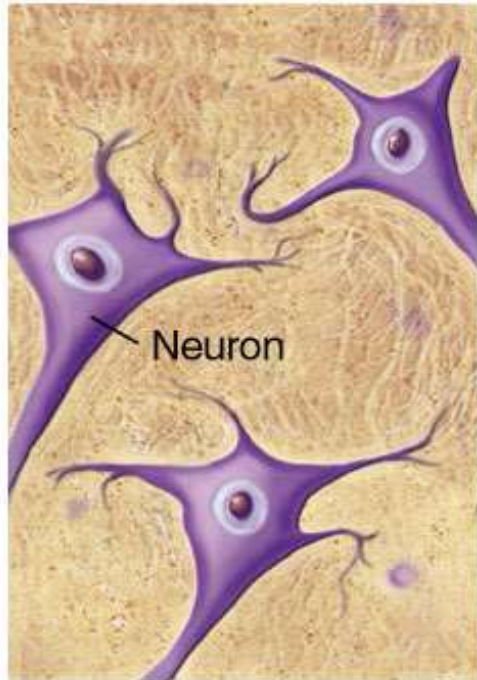


Prevalence of Dementia (Fratiglioni et al, 1999)

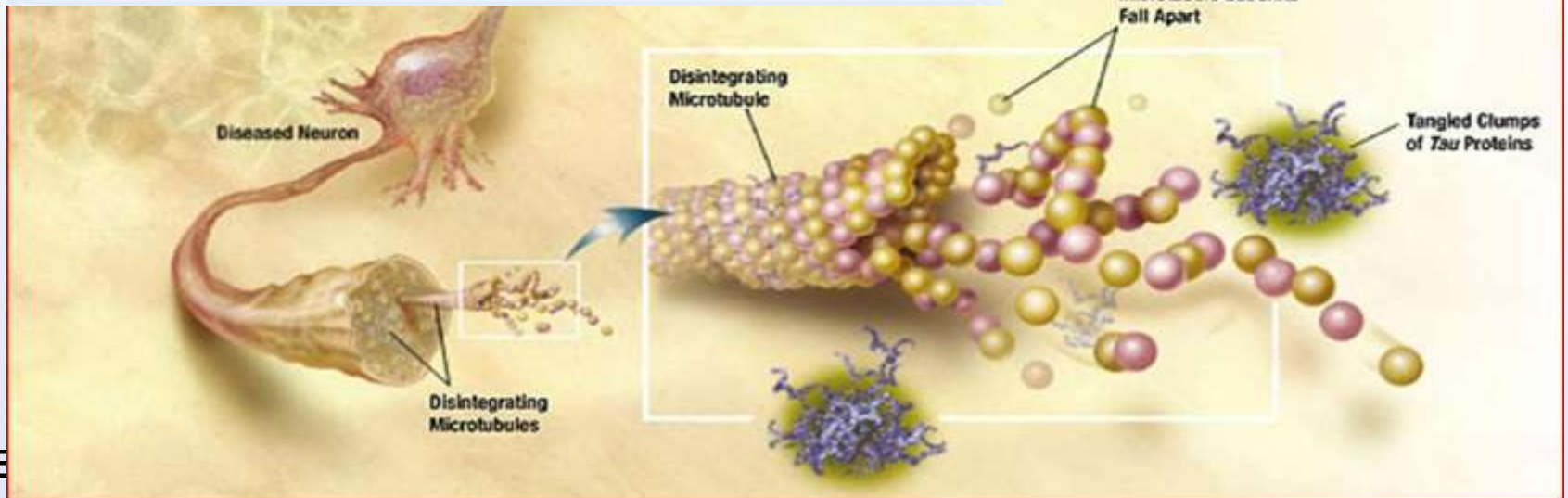
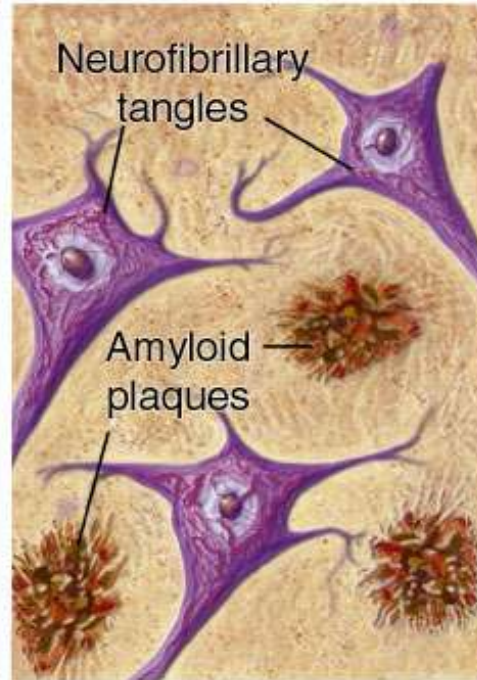


1. Alzheimer's Disease (AD) most common cause of dementia in old people
2. Dementia is a medical condition that affects the way the brain works (talking, reading, calculation, judgment, etc)
3. AD affects part of the brain that control thought, memory and language
4. AD is NOT a normal part of aging

Normal



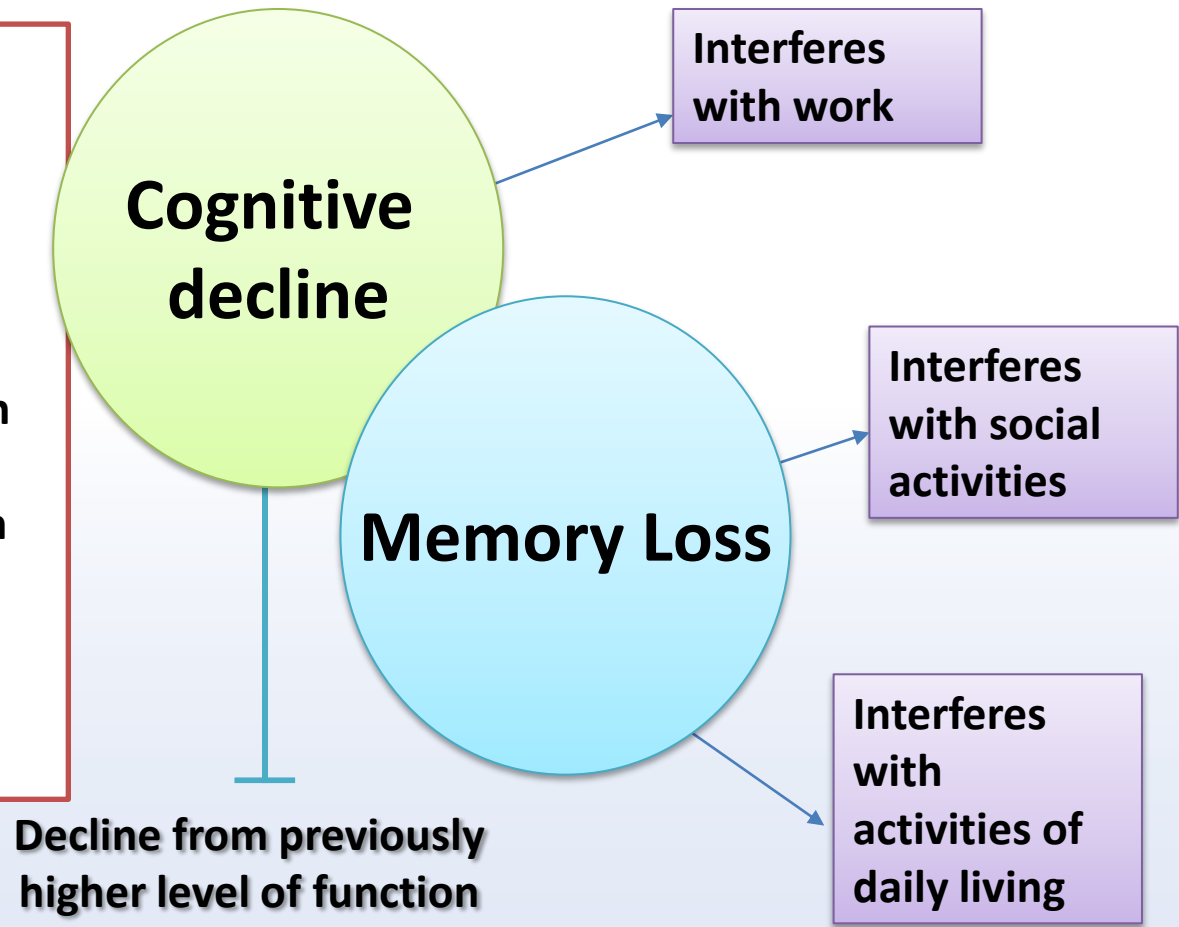
Alzheimer's



Alzheimer's Disease

DSM IV

- Aphasia (language disorder)
- Apraxia (impaired purposeful movement)
- Agnosia (inability to recognize)
- Loss of executive function
 - judgment
 - calculation
 - abstract thinking
 - planning, organizing



Alzheimer's

Alzheimer's disease is a type of dementia that causes problems with memory, thinking, and judgment. It is a progressive, degenerative brain disease. The risk factor is increasing age.

The Alzheimer's Association's 10 Warning Signs

1. Memory loss	6. Problems with abstract thinking
2. Difficulty performing familiar tasks	7. Misplacing things
3. Problems with language	8. Changes in mood or behavior
4. Disorientation to time and place	9. Changes in personality
5. Poor or decreased judgment	10. Loss of initiative

Early Symptoms of AD

Mild forgetfulness

Unable to recall

- recent events
- recent activities
- names of people
- names of objects

Frequent
repetition of
questions

- Getting lost
- Errors in handling finances
- Inability to operate appliances

Personality changes: passive, lack of interest, restlessness, depression, over suspicious, etc.

Slow progression, symptoms bothersome but not serious

Middle Stage

**Getting lost
in familiar
surroundings**

**Poor language
comprehension;
Can still speak**

Impairment of

- **Judgment**
- **Insight**
- **Problem solving**

- Behavioral problems**
- **Confusion**
 - **Hostility**
 - **Verbal outburst**
 - **Aggression**
 - **Inappropriate sexual behavior**
 - **Mood disorder**
 - **Delusions**
 - **Hallucinations**
 - **Sleep disorder**

Advance Stage

Unable to perform simple
tasks: brushing, buttoning up,
combing hair

Anxious
Agitated
Aggressive

No longer thinks clearly;
Problems in understanding
speaking, writing or reading
Unable to recognize
family members

Eventually need
total care

Alzheimer's Disease

**Only fragments
of memory remains**

**Ability to speak
declines; may
become mute**

**Unable to control
urination and
bowel movement**

**Unable to walk
due to muscle
rigidity**

Death due to

- Aspiration of stomach contents to the lungs
- Choking
- Infections of
 - > urinary system
 - > bed sores
 - > lungs (pneumonia)

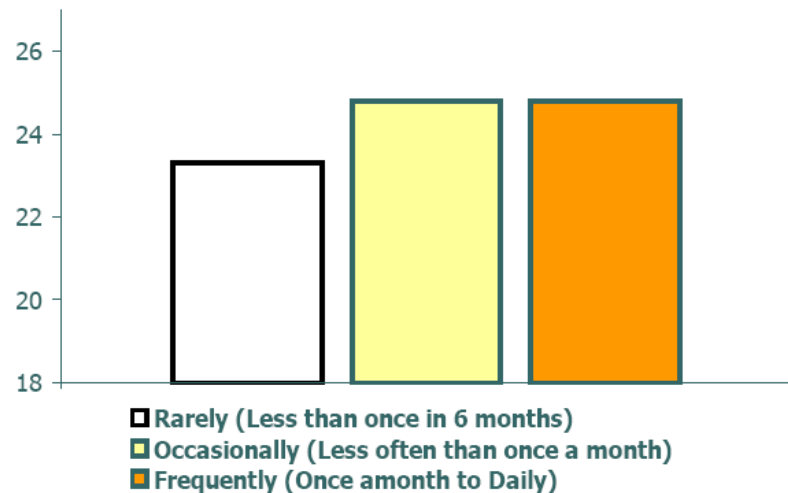
- **Cholinesterase inhibitors:** donepezil hydrochloride (Aricept), rivastigmine (Exelon) and galantamine (Reminyl)
- **NMDA receptor antagonist:** memantine (Ebixa)
- Increases concentrations of acetylcholine (chemical messenger) lead to increased communication between the nerve cells
- Improves and stabilizes symptoms
- Slows the progression of AD, does not STOP

Other Treatments

- Vitamins: Folate, B12
- Omega-3 Polyunsaturated Fatty Acids
- Turmeric and Curcumin (Curry)
- Green Tea

Curry Intake and Cognitive Performance

Cognitive (MMSE) Scores



Psychotherapy

- improve self image
- reduce anxiety
- improve communication skills
- reduce maladaptive behavior

Cognitive therapy

- Challenges negative perception
- Adaptive ways to cope
→ Prevent depression

Reminiscent therapy

Non-Pharmacological Management

Reality Orientation Therapy

Supportive therapy

- Education of caregivers and family

Others

- familiar & secure surroundings
- predictable routine
- no excessive demands
- balance diet
- regular exercise

Forgetfulness in Adults

- May be symptom of psychological conditions
- Memory boosters little evidence
- Adequate rest and exercise, stress management, treat underlying conditions

Forgetfulness in Elderly

- May be AD
- Medications available to slow progress of AD



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Thank You

To download handouts:

<http://www.PsyWellness.com.sg/old-age-psychiatry.html>