

Mayo Clinic Minute: What is vascular dementia?

Video	Audio
	Damaged blood vessels can deprive your brain of vital oxygen and nutrients, which could lead to a condition called vascular dementia.
Stephen English, M.D. Neurology Mayo Clinic	"It's affecting the cables that connect the brain cells. And so our brains are working not at full speed."
	Dr. Stephen English, a Mayo Clinic neurologist, says the signs of vascular dementia include problems with reasoning, planning, judgment, memory and other thought processes.
	Factors that increase the risk of heart disease and stroke also raise vascular dementia risk.
	"High blood pressure, high cholesterol, diabetes, smoking, sleep apnea — these are the modifiable risk factors that, if untreated, can cause wear and tear on the small blood vessels in the brain over time."
	If you are at risk or show signs of vascular dementia, consult a neurologist.
	"We can potentially augment some of these risk factors. If sleep apnea is contributing, for instance, if you're still smoking, there are things that we can do."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.