



Cumbria Advisory Thyroid Service

INFORMATION SHEET



Dementia and Thyroid Disease

Dementia involves a progressive decline in the ability to remember, think and reason, forgetfulness can be one of the first signs but can progress to the stage where a person is unable to complete simple every day tasks. This leads to the person feeling angry, frustrated and quite often depressed. Alzheimer's disease is the most common form of Dementia. However the good news is that there are now drugs available to treat the early stages of this disease.

Although it mainly effects older people Dementia is not part of the normal aging process, and lots of younger people are now being diagnosed with this condition. There are many reasons why some people develop Dementia and others do not. Research is continuing to look for answers to why this happens, one theory researcher's have come up with is that some people may be predisposed to develop Dementia in the same way that Heart Disease and Diabetes patients can be predisposed to develop their illnesses.

Any health conditions that reduce the blood supply to the brain are also a contributing factor. Many Thyroid patients have poor circulation, slow pulse rates and poor memory and coordination skills. Some Thyroid patients can go undiagnosed for several months or in some cases years, during this period when the Thyroid condition is undiagnosed changes in the brain chemistry can occur due to the poor circulation etc. This may be the trigger for Dementia to start in pre disposed patients, as many patients with Dementia do also have Thyroid Dysfunction. Most Thyroid patients do find their forgetfulness and poor concentration does improve once the Thyroid condition is balanced with medication. Any one who has symptoms of Dementia should be tested for Thyroid Dysfunction as patients can sometimes be told they have Dementia when in fact the problem is Thyroid imbalance.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.