

What is Lewy Body Dementia?

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Lewy Body Dementia (LBD) is a common Atypical Parkinsonism. LBD is associated with abnormal deposits of the alpha-synuclein protein (Lewy bodies) in the brain resulting in one of the most common forms of dementia and problems with thinking, movement, behaviour and mood.

Early LBD **symptoms** are often confused with similar symptoms found in other brain diseases like Alzheimer's, or in psychiatric disorders like schizophrenia. LBD can occur alone or along with other brain disorders. There are two diagnoses of LBD: Dementia with Lewy Bodies (DLB) and Parkinson's Disease Dementia (PDD).

The most common symptoms include changes in cognition, movement, sleep, and behavior. LBD may result in progressive dementia and a severe loss of thinking abilities, fluctuating cognition and unpredictable changes in concentration, attention and alertness, and visual hallucinations.

Some people with LBD may not experience significant movement problems for several years. Others may have them early on. Parkinson's Disease symptoms such as rigidity, slow movement, tremor, and posture instability can be seen early on in LBD diagnosed as PDD but can also develop later on in LBD diagnosed as DLB.

Some resources you may consult for LBD education and support:

Lewy Body Dementia Association
www.lbda.org

Lewy Body Dementia
www.lewybodydementia.ca/

Alzheimer's Association
www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/lewy-body-dementia