

Menopausal health:

Dementia

Worldwide, more than 57 million people live with dementia, and there are nearly 10 million new cases every year. Dementia is the seventh leading cause of death globally.

Types of dementia

- Alzheimer's disease, which accounts for 60–70% of all cases
- Vascular dementia
- Lewy body dementia
- Frontotemporal lobe dementia
- Mixed dementia

Other diseases linked to dementia

- Huntington's disease
- Traumatic brain injury
- Creutzfeldt–Jakob disease
- Parkinson's disease

Risk factors

- Age over 65
- Hypertension
- Obesity
- Diabetes
- Physical inactivity
- Excessive alcohol use
- Smoking
- Social isolation
- Depression
- Low educational attainment
- Cognitive inactivity
- Air pollution

The areas dementia affects

- Memory
- Thinking
- Orientation
- Comprehension
- Mood and emotional control

Impact of dementia

- Dementia is a major cause of **disability** and **dependency** among older people
- It affects carers, families and society
- The estimated total global societal **cost of dementia** in 2019 was US\$1.3 trillion, and 50% of this global cost can be attributed to **informal care**

Effect on women

- More women than men have dementia
- 65% of total deaths due to dementia are in women
- **Women** provide the majority of informal care

While some treatments may lessen the symptoms of cognitive decline, there are no treatments that can cure dementia.

Further information

Mostert et al. (2025). Broadening dementia risk models <https://doi.org/10.1016/j.jebiom.2025.105950>

WHO (2025). Dementia <https://www.who.int/news-room/fact-sheets/detail/dementia>

WHO (2024). Shining light on women's contributions: celebrating their role in informal care <https://www.who.int/europe/news/item/08-03-2024-shining-light-on-women-s-contributions--celebrating-their-role-in-informal-care>