

---

# The State Of Dementia In South Asian Population

---

## Citation

. *The State Of Dementia In South Asian Population*. The Internet Journal of Health. 2008 Volume 9 Number 2.

## Abstract

Sir,

We request fast tract publication for this Letter to editor, due to following reasons:

You would be well familiar with the alarming increased incidence of dementia cases among south Asian population. There is immediate need to control this situation and there is great need to highlight this issue. We think your journal is best place to highlight this important issue to concerning higher authorities. We expect that for benefit of developing country, you will consider this Letter to editor for your latest issue.

The dementias are a group of diseases characterized by loss of short-term memory, cognitive abilities and daily functioning. Alzheimer's disease and vascular dementia are the commonest types of dementia. Dementia is one of the most disabling diseases among south Asian population. There is marked increase seen in dementia cases in south Asian population in recent years e.g., currently, there are more than 330,000 people diagnosed with dementia in Pakistan. It is expected that if there will be no immediate strategies to establish specialized dementia care centers and policies, then prevalence and incidence of dementia in south Asian population will become double in few years. Health care systems of south Asian countries are not so well developed like that of western world. Also, health care sectors are not well prepared to provide quality health care services for population affected with dementia. Government and health care societies are facing many problems and hurdles to cope with current dementia situation. These

include limited awareness of dementia among population of this area of world. People have strong assumption that dementia is not a disease instead a natural part of aging. There are inadequate financial resources available to meet modern dementia care needs in many countries of this area. There is shortage of professional dementia care providers and also of geriatric specialist in almost all countries of south Asia. There are few specialised dementia care services available for dementia patients through out south Asia.

Suggestions: This is the time to take immediate actions for improving dementia care situation in south Asian population. There should be specifically designed national and international strategies for dementia care that can create the climate for destigmatisation of dementia among population of south Asian population. There is great need for creating awareness about dementia care. Media can play a very important role in this regard. International dementia care societies should come forward to improve dementia care in south Asian population; they may help to arrange professional training for care providers and also for establishment of new geriatric care centers. There should be well organized collaboration between policy makers, clinicians, researchers and care givers which will improve dementia care in south Asian countries.

## References

1. Chandra V et al. Studies of the epidemiology of dementia: comparisons between developed and developing countries, *Ageing: Clinical and Experimental Research*, 1994. 6,307-321.
2. Dementia in asia pacific region: The epidemic is here report by access economics pty limited for Asia Pacific members of Alzheimer's disease international. Sep:2006.

**Author Information**