

ALZHEIMER'S DISEASE

Alzheimer's Disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out simple tasks. It is the most common cause of dementia, affecting mostly older adults.

Symptoms

- **Memory loss:** Forgetting recent events or conversations.
- **Difficulty planning or solving problems:** Trouble following a plan or working with numbers.
- **Difficulty completing familiar tasks:** Challenges with daily activities like driving or cooking.
- **Confusion with time or place:** Losing track of dates, seasons, and the passage of time.
- **Trouble understanding visual images and spatial relationships:** Difficulty with balance or reading.
- **New problems with words:** Trouble following or joining a conversation

Diagnosis

- **Medical history and physical exam:** Evaluating overall health and identifying symptoms.
- **Cognitive tests:** Assessing memory, problem-solving, and language skills.
- **Blood tests:** Ruling out other conditions.
- **Brain imaging:** Using CT, MRI, or PET scans to detect brain changes

Treatment

- **Medications:** Drugs like donepezil, rivastigmine, and memantine to manage symptoms.
- **Therapies:** Cognitive stimulation and behavioral therapy.
- **Supportive care:** Creating a safe environment and providing emotional support.

Lifestyle Changes

- **Healthy diet:** Eating a balanced diet rich in fruits, vegetables, and whole grains.
- **Regular exercise:** Staying physically active to support brain health.
- **Mental stimulation:** Engaging in activities that challenge the brain.
- **Social engagement:** Staying connected with friends and family.

Support Groups

- **Alzheimer's Association:** Offers various support groups and resources.
<https://www.alz.org/help-support/community/support-group>
- **ALZConnected:** An online community for those affected by Alzheimer's
<https://alzconnected.org/>
- **Local support groups:** Check with healthcare providers or local organizations

For additional information, check out:

- **Alzheimer's Association** <https://act.alz.org/>
- **Cleveland Clinic - Alzheimer's Disease**
<https://my.clevelandclinic.org/health/diseases/9164-alzheimers-disease>

