

## A Brief Overview on Alzheimer's disease

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Alzheimer's disease (Ad) may be a neurodegenerative disease that usually begins gradually and progressively declines. It is the motive of 60–70% of cases of dementia. The most common early symptom is problem in remembering recent events. As the disease advances, indications can include problems with language, confusion (counting easily getting lost), mood swings, misfortune of motivation, self-neglect, and behavioural issues. As a person's condition declines, they often pull back from family and society. Gradually, physical capacities are lost, in the long run leading to death. Although the speed of progression can change, the typical life expectancy following diagnosis is 3 to 9 years.

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking abilities, and, eventually, the ability to carry out the simplest tasks [1]. In most human beings with Alzheimer's, symptoms first appear later in life. Estimates vary; however experts advocate that more than 6 million Americans, most of them age 65 or older, may have dementia caused by Alzheimer's.

Alzheimer's is the most common cause of dementia among older grown-ups. Dementia is the lack of cognitive functioning — thinking, remembering, and reasoning — and behavioural abilities to such an extent that it interferes with a person's each day life and activities [2]. Dementia ranges in severity from the mildest stage, when it's miles just beginning to affect a person's functioning, to the most extreme stage, when the person must depend completely on others for help with basic sports of daily living.

Memory problems are typically one of the first signs of Alzheimer's, though initial symptoms may vary from person to person [3]. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer's disease. Mild cognitive impairment (MCI) [4] is a condition that can be an early sign of Alzheimer's, but not everyone with MCI will develop the disease.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65 [5]. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years [6]. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment [7]. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

### Warning signs of Alzheimer's disease

Alzheimer's disease isn't a normal part of aging. Memory issues are typically one of the first caution signs of Alzheimer's disease and related dementias [8]. In addition to memory problems, someone with side effects of Alzheimer's disease may reveal in one or more of the following:

- Memory loss that disrupts existence, such as getting lost in a

familiar place or repeating questions.

- Trouble handling cash and paying bills.
- Difficulty completing familiar duties at home, at work or at leisure.
- Decreased or terrible judgment.
- Misplacing matters and being not able to retrace steps to discover them.
- Changes in mood, personality, or behaviour.

### Prevention

Alzheimer's disease isn't always a preventable condition. However, a number of lifestyle risk components for Alzheimer's can be modified [9]. Evidence suggests that changes in diet, exercise and habits — steps to reduce the risk of cardiovascular disease — may also decrease your risk of developing Alzheimer's disease and other issues that cause dementia [10]. Heart-healthy lifestyle choices that may lessen the risk of Alzheimer's include the following:

- Exercising regularly
- Eating a diet of fresh produce, healthy oils and foods low in immersed fat such as a Mediterranean diet
- Following treatment rules to manage high blood pressure, diabetes and high cholesterol
- Asking your doctor for help to stopped smoking if you smoke
- Studies have shown that preserved thinking capacities later in life and a reduced chance of Alzheimer's disease are associated with participating in social events, reading, moving, playing board games, creating art, playing an instrument, and other activities that require mental and social engagement.

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