

Mild Cognitive Impairment; Cause, Symptoms and Cure

Tracy Sano*

Department of Neurology, Weill Cornell Medicine, Chicago, USA

Introduction

Mild cognitive impairment (MCI) is the period between normal aging's predicted cognitive decline and dementia's more severe decline. It's marked by memory, vocabulary, thought or decision issues. If you have moderate cognitive disability, you may be aware that your memory or mental capacity has "slipped." A change may also be noted by your family and close friends. But these modifications are not serious enough to interfere greatly with your everyday life and normal activities. Mild cognitive impairment can increase the risk that dementia caused by Alzheimer's disease or other neurological conditions will develop later. Yet some people with moderate cognitive disability never get worse, and a few get better, eventually.

Symptoms

When you get older, your brain, like the rest of your body, shifts. As they age, many individuals note increasingly growing forgetfulness. It may take longer to think of a word or recall the name of an individual. But persistent or growing concern about your mental performance can imply mild cognitive impairment (MCI). If you experience any or more of the following, cognitive problems can go beyond what is predicted and suggest potential MCI:

- Frequently, you forget things.
- You forget about crucial events like appointments or social engagements.
- You lose the train of thought or the thread of discussions, of books, of films.

If you have MCI, you may also experience:

- The Depression
- Irritability and aggression
- The Stress
- Apathy

Causes

There is no single cause of mild cognitive impairment (MCI), just as the condition does not have a single result. Symptoms of MCI may remain stable for years, progress to or develop over time to Alzheimer's disease or another form of dementia. Current research suggests that MCI emerges from a lower degree of the same types of brain changes seen in Alzheimer's disease or other forms of dementia, mostly, but not always. In autopsy studies of individuals with MCI, some of these changes have been established. Such modifications include those that include:

- Abnormal beta-amyloid protein clumps (plaques) and tau microscopic protein clumps characterised by Alzheimer's disease (tangles)
- Lewy bodies, which are microscopic clumps of another Parkinson's disease-related protein, Lewy body dementia and some cases of Alzheimer's disease

- Small strokes or decreased blood flow through the blood vessels of the brain

Brain-imaging studies indicate that MCI can be correlated with the following changes:

- Hippocampal shrinkage, a brain region that is essential for memory
- Enlargement of fluid-filled spaces of the brain (ventricles)
- Reduced use in main brain regions of glucose, the sugar that is the primary source of energy for cells.

Prevention

It can't always avoid moderate cognitive disability. But certain environmental factors that may influence the risk of developing the condition have been identified in research. Studies suggest that cognitive dysfunction can be avoided by these steps:

- Avoid excessive use of alcohol.
- Limiting air pollution exposure.
- Reduce the chance of injury to the brain.
- Please don't smoke.
- Health issues such as diabetes, high blood pressure, obesity and depression are controlled.
- Practice good hygiene for sleep and control sleep disruptions.
- Eat a nutrient-rich diet which is low in saturated fats and has plenty of fruits and vegetables.
- Get socially engaged with others.
- Regularly exercise at a moderate to intense pace.
- If you suffer from hearing loss, wear a hearing aid.

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*Corresponding author: Tracy Sano, Department of Neurology, Weill Cornell Medicine, Chicago, USA, E-mail: tab2006sano@mssm.edu

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