



## Importance of Cognitive Impairment: Its Causes and Symptoms

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Received: 03 March, 2023, Manuscript No. AGM-23-93593;

Editor assigned: 06 March, 2023, PreQC No. AGM-23-93593 (PQ);

Reviewed: 20 March, 2023, QC No. AGM-23-93593;

Revised: 27 March, 2023, Manuscript No. AGM-23-93593 (R);

Published: 06 April, 2023, DOI: 10.4172/2576-3946.1000146.

### Description

Geriatric Cognitive impairment refers to reduce mental abilities that can affect a person's memory, reasoning, attention, language, and perception. It is a common condition that affects people ages, but it is more prevalent in older adults. Cognitive impairment can significantly impact a person's quality of life and ability to perform daily activities.

### Causes of cognitive impairment

There are several causes of cognitive impairment. Some of the most common causes include:

**Aging:** People cognitive abilities naturally reduce as human age. This is a normal part of the aging process and it is known as age-related cognitive decline.

**Neurological disorders:** Neurological disorders such as Alzheimer's disease, Parkinson's disease, and Huntington's disease can cause cognitive impairment.

**Traumatic brain injury:** Traumatic Brain Injury (TBI) can cause cognitive impairment. TBIs can be caused by falls, car accidents, sports injuries, or other types of trauma.

**Substance abuse:** Substance abuse can cause cognitive impairment, particularly in chronic users.

**Chronic medical conditions:** Chronic medical conditions such as diabetes, high blood pressure, and heart disease can cause cognitive impairment.

### Symptoms of cognitive impairment

The symptoms of cognitive impairment can vary depending on the underlying cause of the condition. Some of the most common symptoms of cognitive impairment include:

**Memory loss:** People with cognitive impairment may have difficulty remembering recent developments or important information.

**Confusion:** Cognitive impairment can cause confusion and disorientation, particularly in unfamiliar situations.

**Difficulty with problem-solving:** People with cognitive impairment may have difficulty with problem-solving, decision-making, and planning.

**Language problems:** Cognitive impairment can affect a person's ability to communicate effectively, including problems with speaking, reading, and writing.

**Changes in personality and behavior:** People with cognitive impairment may experience changes in their personality and behavior, including depression, anxiety, irritability, and aggression.

### Treatments for cognitive impairment

There is no cure for cognitive impairment, but there are several treatments that can help to manage the symptoms of the condition. Some of the most common treatments for cognitive impairment include:

**Medications:** There are several medications that can help to manage the symptoms of cognitive impairment, particularly in cases of Alzheimer's disease. These medications work by increasing the levels of neurotransmitters in the brain.

**Cognitive rehabilitation:** Cognitive rehabilitation is a form of therapy that helps people with cognitive impairment improves their cognitive function. It can include activities such as memory training, problem-solving exercises, and communication skills training.

**Lifestyle changes:** lifestyle changes such as eating a healthy diet, getting regular exercise, and getting enough sleep can help to manage the symptoms of cognitive impairment.

**Support groups:** Joining a support group can be helpful for people with cognitive impairment and their caregivers. Support groups can provide emotional support, as well as practical advice and information.

**Environmental modifications:** Creating modifications to the person's environment, such as reducing noise and clutter, can help to reduce the symptoms of cognitive impairment.

### Preventing cognitive impairment

While there is no certain method of preventing cognitive impairment, there are several things that people can do to reduce their risk of developing the condition. Some of the most effective ways to prevent cognitive impairment include:

**Exercise:** Regular exercise has been shown to improve cognitive function and reduce the risk of cognitive impairment.

**Brain-healthy diet:** Eating a diet rich in fruits, vegetables, whole grains, and healthy fats can help reduce the risk of cognitive impairment.

**Citation:** Sekher M (2023) Importance of Cognitive Impairment Its Causes and Symptoms. J Aging Geriatr Med 7:2.