



## Causes, Symptoms and Treatments Methods of Alzheimer's Disease

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### Description

Alzheimer's disease is a progressive neurological disorder that affects millions of people around the world. It is a degenerative disease that gradually eliminates brain cells, resulting to a decrease in cognitive function and memory loss. It is the most common form of dementia, accounting for about 60-80% of all cases.

### Causes of Alzheimer's disease

The cause of Alzheimer's disease is insufficiently comprehended, but it is assumed to be a combination of genetic and environmental factors. Researchers have identified several risk factors that increase the probability of developing Alzheimer's disease. These include:

**Age:** It is more common in older adults, with the risk increasing significantly after the age of 65.

**Family history:** People with a family history of Alzheimer's disease are more probable to develop the disease.

**Genetics:** Several genes have been identified that increase the risk of developing Alzheimer's disease.

**Lifestyle factors:** Smoking and other detrimental behaviors, a high-fat diet, and lack of exercise may increase the risk of developing Alzheimer's disease.

### Symptoms of Alzheimer's disease

The symptoms of Alzheimer's disease vary from person to person, but typically progress eventually over time. The early symptoms of Alzheimer's disease may be mild and frequently overlooked, but as the disease progresses, they become more severe and begin to affect daily existence. Some common Alzheimer's disease symptoms include:

**Memory loss:** The inability to remember recent events or discussions can frequently be the initial sign of Alzheimer's disease.

**Difficulty with tasks:** People suffering from Alzheimer's disease can have difficulty with activities that were certainly when effortless, such as managing their finances.

**Language problems:** Alzheimer's disease symptoms include difficulty identifying appropriate concepts, overlooking statements, and having difficulty with spoken or written communication.

**Disorientation:** People with Alzheimer's disease may become disoriented and confused, even in peaceful surroundings.

**Mood changes:** Alzheimer's disease can cause mood swings, depression, and anxiety.

### Treatments for Alzheimer's disease

In addition, there currently exists no effective treatment for Alzheimer's disease, but there are several treatments available to help the disease's progression and manage symptoms. Alzheimer's disease treatment options include:

**Medications:** There are several medications available that can help to manage the symptoms of Alzheimer's disease, such as memory loss and confusion. These medications work by increasing neurotransmitter levels in the brain.

**Lifestyle changes:** Making healthy lifestyle choices such as regular exercise, a balanced diet, and reducing stress may help to slow the progression of Alzheimer's disease.

**Cognitive and behavioral therapies:** These therapies can help people with Alzheimer's disease to maintain their cognitive function and more extended periods of independence.

**Support groups:** Support groups can provide emotional support, practical advice, and resources for people with Alzheimer's disease and their families.

**Clinical trials:** Researchers are constantly conducting clinical trials to develop new treatments for Alzheimer's disease.

Alzheimer's disease is a harmful condition that affects millions of people worldwide. It is a degenerative disease that gradually destroys brain cells, leading to a decline in cognitive function and memory loss. While there is currently no cure for Alzheimer's disease, there are several treatments available that can help to slow the progression of the disease and manage symptoms.

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