



Dementia and Alzheimer's Disease: Causes, Symptoms and Treatment

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Description

Dementia and Alzheimer's disease are two of the most common neurodegenerative disorders that affect millions of people worldwide. According to the World Health Organization (WHO), there are currently around 50 million people living with dementia, with approximately 10 million new cases every year. Alzheimer's disease is the most common type of dementia, accounting for around 60%-70% of cases.

Dementia is a term that describes a range of symptoms related to a decline in memory, thinking, and other cognitive skills that affect a person's ability to perform daily activities. Alzheimer's disease is a specific type of dementia that is characterized by the presence of abnormal protein deposits (plaques and tangles) in the brain that gradually destroy brain cells.

Causes of dementia and alzheimer's disease

The exact causes of dementia and Alzheimer's disease are not yet fully understood. However, researchers have identified several factors that may contribute to the development of these conditions. These include:

Age: Dementia and Alzheimer's disease are more common in older adults, with the risk increasing as a person gets older.

Genetics: Certain genes may increase a person's risk of developing Alzheimer's disease.

Lifestyle factors: Factors such as smoking, alcohol consumption, poor diet, and lack of exercise may increase the risk of developing dementia and Alzheimer's disease.

Medical conditions: Chronic conditions such as diabetes, high blood pressure, and obesity may increase the risk of developing dementia and Alzheimer's disease.

Symptoms of dementia and alzheimer's disease

The symptoms of dementia and Alzheimer's disease may vary depending on the stage and severity of the condition. Some common symptoms include:

Memory loss: Forgetting recent events or information.

Difficulty with communication: Struggling to find the right words or following a conversation.

Changes in mood and personality: Becoming more anxious, depressed, irritable, or aggressive.

Difficulty with daily tasks: Struggling to perform tasks such as cooking, cleaning, or using a phone.

Confusion and disorientation: Getting lost in familiar places or having trouble remembering the day or time.

Treatment of dementia and alzheimer's disease

There is currently no cure for dementia or Alzheimer's disease. However, there are treatments available that may help to slow down the progression of the condition and improve quality of life. These include:

Medications: Medications such as cholinesterase inhibitors and meantime may be prescribed to help manage symptoms.

Therapy: Therapy such as Cognitive Behavioral Therapy (CBT) and occupational therapy may help to improve memory and daily functioning.

Lifestyle changes: Making changes to lifestyle factors such as diet, exercise, and smoking can help to reduce the risk of developing dementia and Alzheimer's disease.

Support: Support from family members, caregivers, and support groups can help to improve quality of life for people living with dementia and Alzheimer's disease.

Conclusion

Dementia and Alzheimer's disease are complex conditions that can have a significant impact on a person's quality of life. Although there is currently no cure for these conditions, there are treatments available that may help to manage symptoms and slow down the progression of the disease. It is important to seek medical advice, if he or she is facing symptoms of dementia or Alzheimer's disease, as early diagnosis and treatment can help to improve outcomes.

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