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Short Communication

Note on Early Diagnosis of Alzheimer's Disease

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DESCRIPTION

Alzheimer's Disease (AD) is a brain disease that slowly destroys brain cells. As of now, there is no cure for Alzheimer's disease. With time, the different symptoms of the disease become more marked. Many people die because of Alzheimer's disease. The disease affects different parts of the brain but has its worst effects on the areas of the brain that control memory, language, and thinking skills. Alzheimer's disease is the most common form of senile dementia accounting for up to 70% of cases.

The clinical symptoms of AD usually occurs after age 65, but changes in the brain which do not cause symptoms and are caused by Alzheimer's, may begin years or in some cases decades before. Although the symptoms of AD begin in older people it is not a normal part of aging.

At this time there is no cure for Alzheimer's, but there are treatments that can help some patients with the signs and symptoms so they do not affect them as badly. There are also treatments which slow down the disease so the damage to the brain does not happen as quickly. There are also certain personal habits that people can learn which may help to delay the onset of the disease.

In the late stage, Alzheimer's symptoms are significant and apparent. Significant personality and behavior changes, loss of ability to hold a conversation, Difficulty moving, eating, and swallowing, Lack of awareness of recent activities or surroundings, highly susceptible to infections like pneumonia are few other symptoms. There are three causes for Alzheimer's disease: Aging and Alzheimer's Risk Genetics of Alzheimer's disease, Wellbeing, Environmental, and Lifestyle Factors that may contribute to Alzheimer's disease.

Aging and Alzheimer's risk

Older age doesn't cause Alzheimer's. However, it is the main realized danger factor for the disease. The number of individuals with Alzheimer's disease pairs about like clockwork past age 65. About 33% surprisingly age 85 and more established may have Alzheimer's disease [1]. Scientists are figuring out how age-related changes in the mind might hurt neurons and influence different kinds of synapses to add to Alzheimer's harm. Age-related changes incorporate decay of specific pieces of the mind, irritation, creation of unsound particles called free extremists, and breakdown of energy creation inside cells. However, age is only one risk factor for this disease. Many people live in their 90s and beyond without ever developing dementia [2].

Genetics of Alzheimer's disease

Many individuals stress over fostering Alzheimer's disease, particularly assuming that a relative has had it. Having a family history of this disease does not mean for sure that you will have it, too. In any case, it might mean you are bound to foster it. People's genes, which are acquired from their biological parents, can influence that they are so liable to foster Alzheimer's disease. Hereditary danger factors are changes or contrasts in genes that can impact the possibility of getting a disease. These danger factors are the explanation of a few diseases run in families [3].

There is a lot of interest, for instance, in the connection between mental degradation and vascular conditions such as coronary illness, stroke, and hypertension, as well as metabolic conditions such as diabetes and obesity. The continuous examination will assist us with getting whether and how lessening hazard factors for these conditions may likewise diminish the risk of Alzheimer's. A nutritious diet, active work, social commitment, rest, and intellectually invigorating pursuits have all been related to assisting individuals with remaining solid as they age. These variables may likewise assist with lessening the danger of mental deterioration and Alzheimer's disease. Clinical preliminaries are trying a portion of these potential outcomes. Early-life factors may also play a role. For instance, studies have connected more elevated levels of schooling with a diminished risk of dementia. There are also differences in dementia risk among racial groups and sexes, all of which are being studied better understand the causes of Alzheimer's disease and develop effective treatments and preventions for all people [4].

CONCLUSION

Alzheimer's disease is an extremely common and unfortunately incurable condition in the elderly. It has a slow steady

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progression; acute changes in its course frequently represent an acute medical illness. Alzheimer's patients cannot accurately report reality or be reoriented to their current situation. Defying an Alzheimer's patient will much of time raise the undesirable practices. Alzheimer's disease preventions lowers the risk, maintains a healthy diet, keeps up the mental exercise, increase the social engagement, aerobic exercise daily, quiting smoking and alcohol, lowering homocysteine and regular sleep.

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