Commentary

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Description about Alzheimer's disease

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Description

Alzheimer's Diseases (AD) is a progressive neurological disease that normally begins slowly and worsens with time. It is generally known as Alzheimer's. It is responsible for 60%–70% of dementia cases. Dementia is a collection of symptoms that appear when the brain is impaired due to an injury or disease. The symptoms include gradual memory, cognitive, and behaviour deficits that have a detrimental impact on a person's capacity to function and carry out daily activities. The trouble recalling recent events is the most prevalent early symptom. Language problems, disorientation (including getting lost easily), mood changes, loss of desire, self-neglect, and behavioural concerns are all possible signs as the condition progresses. When a person's health deteriorates, they frequently retreat from family and society. Bodily functions gradually deteriorate, eventually leading to death. Despite the fact that the rate of advancement varies, the average life expectancy after diagnosis is 3-9 years. Its development is associated with numerous of environmental and genetic risk factors. An allele of the Apolipoprotein E (APOE) gene is the most powerful genetic risk factor. A history of head injury, severe depression, and high blood pressure are all risk factors. Amyloid plaques, neurofibrillary tangles, and the loss of neuronal connections in the brain are all linked to the illness process. Initial symptoms of this disease are frequently misinterpreted as signs of normal ageing. Good diet, physical activity, and social engagement are all known to help with ageing, and these factors may also help to reduce the incidence of cognitive decline and Alzheimer's disease; scientific trials to investigate these possibilities were on-going in 2019. Alzheimer's disease has three stages, each marked by a gradual pattern of cognitive and functional decline. Early or mild, middle or moderate, and late or severe are the three stages. The condition is known to affect the hippocampus, which is linked to memory and is the source of the first signs of memory loss. The severity of memory loss increases as the disease advances. Alzheimer's disease is thought to develop when abnormal amounts of amyloid beta, which accumulates extra-cellularly as amyloid plaques, and tau proteins, which accumulate intra-cellularly as neurofibrillary tangles, wreak havoc on neuronal function and connectivity, and lead to progressive loss of brain function. This decreased ability to remove proteins is age-related and linked to other neurodegenerative disorders. Except for 1-2 percent of cases where deterministic genetic abnormalities have been detected, the cause of most Alzheimer's cases is still unknown. The majority of instances of Alzheimer's are sporadic Alzheimer's disease, in which environmental and genetic variables may play a role as risk factors. In contrast to familial Alzheimer's disease, the majority of instances with sporadic Alzheimer's disease are Late-Onset Alzheimer's Disease (LOAD), which develops after the age of 65. There are no treatments that can stop or reverse the disease's course, while some can temporarily alleviate symptoms. Affected people become more reliant on others for help, which puts a strain on caregivers. Social, psychological, physical, and economic stresses might all be present. Exercise programmes may be advantageous in terms of daily activities and can perhaps improve outcomes. Antipsychotics are commonly used to treat behavioural difficulties or psychosis caused by dementia, although they are rarely prescribed because they provide little benefit and raises the risk of premature mortality.