

Alzheimer's Disease: Symptoms, Detection, and Treatment

Alzheimer's disease is a progressive brain disorder that slowly destroys memory, thinking skills, and eventually the ability to carry out simple tasks. It is the most common cause of dementia, accounting for 60–80% of cases. It gradually impairs memory, cognitive function, and daily living abilities due to abnormal protein accumulation in the brain

Causes of Alzheimer's

Alzheimer's disease is thought to be caused by the abnormal build-up of proteins in and around brain cells. Although it is still unknown what triggers Alzheimer's disease, several factors are known to increase your risk of developing the condition.

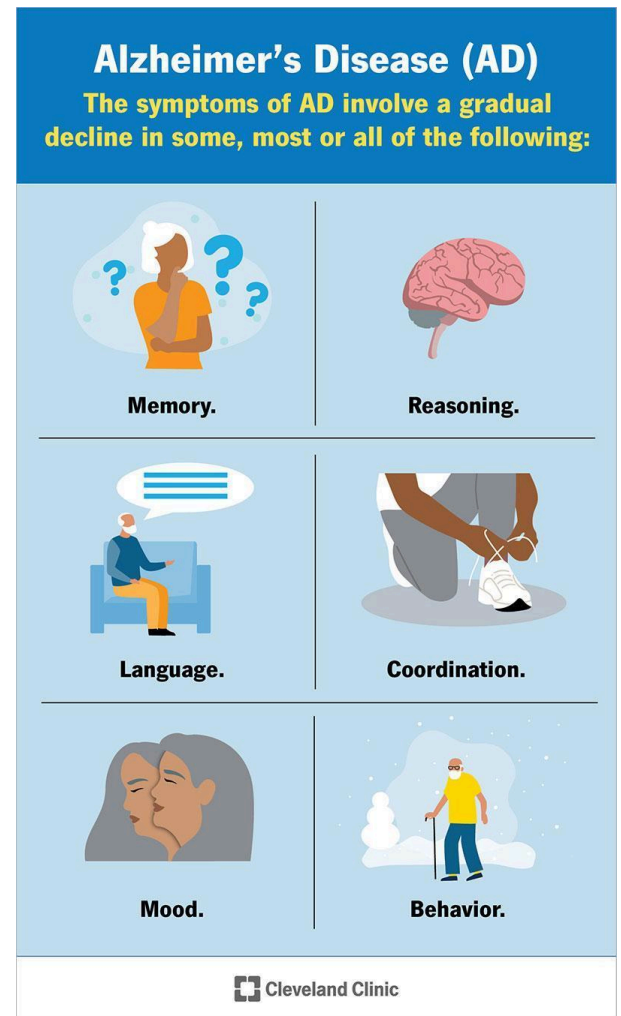
- **Age:** Older age is the strongest known risk factor for Alzheimer's disease.
- Having a traumatic **brain injury**
- **Family history** and genetics
- Some health conditions may increase your risk, like diabetes, high BP, high cholesterol, and people with Down syndrome.

Symptoms of Alzheimer

Alzheimer disease progresses gradually, but the pace and experience can differ from person to person. Understanding the stages can help caregivers and healthcare providers offer the right support at each phase.

The symptoms are divided into 3 main stages.

- **In the early stages,** the main symptom of Alzheimer's disease is memory lapses. There are often signs of mood changes, such as increasing anxiety or agitation, or periods of confusion.



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- **Middle-stage symptoms.** As Alzheimer's disease develops, memory problems will get worse. Someone with the condition may find it increasingly difficult to remember the names of people they know and struggle to recognise their family and friends, and have difficulty concentrating. At this stage, most individuals can still live independently, though they may rely on notes, reminders, or help from others.
- **In the later stages,** mental function continues to decline. The disease also causes more issues with movement and physical capabilities. And require daily assistance with personal care. This includes total assistance with eating, dressing, using the bathroom and all other daily self-care tasks.

What are the complications of Alzheimer's disease?

As the condition progresses, complications may arise that can be serious or even fatal. These include an overall decline in physical health, infections such as pneumonia or skin infections, seizures, trouble breathing, trouble swallowing, and loss of body control.

How is it, Diagnose

Your healthcare provider will conduct an evaluation. This includes reviewing your symptoms and medical history; you may undergo brain scans, such as CT, MRI, or PET scans.

Management and treatment

There is no cure for Alzheimer's, but treatments may manage symptoms as they happen and slow down the condition's progression.

Starting treatment early is the best way to maintain your brain health throughout your life. Many medications can manage Alzheimer's symptoms. Your provider will suggest a combination that fits your unique needs.

How can you prevent Alzheimer's disease?

Maintaining your overall health can help protect your brain from cognitive decline. Follow a healthy eating plan, get plenty of physical activity, stay mentally active and socially connected

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Alzheimer's caregiving

As a caregiver for someone with Alzheimer, your responsibilities can include:

- Assisting with daily personal care (bathing, dressing, grooming, toileting)
- Offering emotional support and companionship
- Managing medications and ensuring they are taken on time
- Providing meals, housekeeping, and transportation
- Monitoring safety

As you care for your loved one, do not ignore your own needs. Caregiving can be stressful, and you need to take care of your own physical and mental health.

At some point, you will not be able to do everything on your own. Make sure that you get help when you need it. There are many different services available, including:

- [Dementia India Alliance \(DIA\)](#)
- [Alzheimer's and Related Disorders Society of India](#)