

Paradigm of Alzheimer's disease

1. Introduction

Alzheimer's disease is the most common cause of dementia among older adults. Dementia is the loss of functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities.¹

2. Symptoms

In patients with Alzheimer's, memory problems are typically one of the first signs that appear.

Mild Alzheimer's disease: Symptoms include wandering and getting lost, repeating questions, taking longer to complete normal daily tasks.

Moderate Alzheimer's disease: In this stage, memory loss and confusion worse, and people have problems recognizing family and friends. They may be unable to carry out tasks such as getting dressed, or with new situations.

Severe Alzheimer's disease: In this stage, the person cannot communicate and is completely dependent on others for care.

3. Healthy habits to reduce the risk of Alzheimer's disease³

Healthy habits may help ward off Alzheimer's. Factors that might help reduce the risk of cognitive decline and Alzheimer's disease and help people stay healthy as they age include

- a. Diet: A healthy, nutritious, and balanced diet.
- b. Physical exercise: maintaining regular physical activity like walking 30 minutes four to five days per week and aerobic exercise
- c. Alcohol: Limit use of alcohol
- d. Smoking: Quitting smoking
- e. Mental activity: Keeping the mind active by doing puzzles, and mentally stimulating activity
- f. Medication: Taking medications as advised by the doctor

Support for patients with Alzheimer's disease⁴

- Keep communication simple, short and clear.
- Call them with their name and tell them who you are.
- Speak slowly
- Repeat the words as much as necessary.
- Avoid becoming frustrated with patients with Alzheimer's disease.

Good coping skills with a strong support and respite care are ways that help caregivers for caring a loved one with Alzheimer's disease.

References:

- 1) <https://www.nia.nih.gov/health/diagnosing-dementia>. Accessed July 28, 2020
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- 3) <https://www.alzheimers.org.uk/about-dementia/risk-factors-and-prevention/how-reduce-your-risk-dementia>. Accessed July 28, 2020.
- 4) Available at: <https://www.helpguide.org/articles/alzheimers-dementia-aging/tips-for-alzheimers-caregivers.htm>. Accessed on 30-07-2020

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