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БОЛЕЗНЬ АЛЬЦГЕЙМЕРА

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Заболевание Альцгеймера оказывает все более значительное воздействие на пациентов. Проявляющиеся структурные и химические изменения в мозге, приводят к нарушениям в связях между нейронами, что отражается на памяти, решении задач и эмоциональном состоянии. Чтобы обеспечить более здоровое будущее, важно сегодня уделять внимание не только лечению, но и предупреждению развития патологии, такой как болезнь Альцгеймера.

Ключевые слова: Альцгеймер, деменция, болезнь, потеря памяти

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ALZHEIMER'S DISEASE

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Alzheimer's disease has one of the most significant impact on patients this days. The manifested structural and chemical changes in the brain lead to disruptions in the connections between neurons, which affects memory, Social and emotional state. To ensure a healthier life, it is important today to pay attention not only to treatment, but also to prevent and avoid all the factors that can cause Alzheimer's disease.

Keywords: Alzheimer's, dementia, disease, memory loss

According to experts, every year the average age of patients diagnosed with Alzheimer's is decreasing . Lectures on how to prevent the appearance and development of this disease will help to protect many people lives in the future .

Objective

To learn about Alzheimer's disease, how to prevent its occurrence, it`s development

Material and methods

Literature review, deduction, modeling.

Results and discussion

Alzheimer's disease is the most common form of dementia, a neurodegenerative disease found in 1907 by the German psychiatrist Alois Alzheimer. Most often, it is found in people over the age of 65, but every year the average age is rapidly decreasing, and the number of cases is growing.

During the disease, structural and chemical changes occur in the human brain that are atypical for physiological aging. The disease is characterized by the weakness of the connection between the neurons in the cerebral cortex and subcortical areas. In other words, small nodules of a special amyloid protein are formed in the human brain. These nodules destroy the connections between neurons — the more nodules, less connections are between neurons. [3]

Symptoms of Alzheimer's disease usually appear after the age of 60 and gradually progress. First, short-term memory lost, then a long term. A person begins to lose orientation with time, cannot remember which day of the week, month, or even year. Sleep is disturbed, hallucinations may occur.

As the disease progresses, a person loses the ability to recognize family and friends, navigate the house, even simple places like the toilet or kitchen become unfamiliar. The patient’s ability of moving will be less, to the point of losing the ability to walk independently, and eventually speak also. The Speech will be lost, and the person can no longer take care of himself by his own. If you compare the brain of a healthy person and a person with Alzheimer's disease, then the diseased brain seems to shrink. [4]

There are many factors for the occurrence of Alzheimer's disease. First of all, it is heredity. But there are many other reasons that negatively affect the development of this disease. Let's look at some of them:

1. Having less hour of sleeping than the normal
2. The aging factor
3. Brain injuries
4. Cardiovascular diseases (diabetes mellitus, overweight)
5. History of depression

Duration of the disease (according to the assessment of caregivers in patients with early type of Alzheimer's disease) [5]

Duration of the disease					**Total**
Less than 1	1-2	3-5	5-7	8 or more	
0	79,0%	21,0%	0	0	19

According to the data the vast majority of patients with early-onset Alzheimer's dementia, according to caregivers, suffered from severe cognitive disorders that reached the degree of dementia within one to two years.

To identify the disease in the early stages, you need to pay attention to the presence of these symptoms:

Making unreasonable decisions; memory loss; mood swings; difficulties with daily tasks; loss of things; problems with communication; problems with recognizing places and people [3]

To reduce the risk of developing this disease, prevention can be carried out regularly:

1. A factor that reduces the risk of disease—is the regularity of putting a daily effort in different activities, that help reduce the risk of developing dementia by 2-3 times
2. Regular cognitive activity: playing chess, reading books, learning foreign languages, mastering new professions (can lead to increase the number of synapses)
3. Physical activity [2]

Conclusion

In clinical medicine, Alzheimer's disease is the first example of a common disease for which a leading genetic predisposition factor has been established. Despite of all the efforts made to study the genetic and biochemical mechanisms of this disease, effective measures to prevent the occurrence of it, have not yet been found. However, taking precautions and prevention measures will help prevent the appearance and development of Alzheimer's disease. [1]

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