

Clinical Features Of Alzheimer's Disease

Dr. Thomas Joseph
Assistant Professor

PG Department of History and Research Centre
Assumption Autonomous, College, Changanacherry, Kerala

Abstract - All Human beings are inescapable from the process of aging. Old age is an inevitable, ubiquitous and universal phenomenon of human life and a natural biological process. Like every other period in the life span of individual, old age is characterized by certain physical, mental and psychological changes. The problems of the aged are different from those of the younger and middle ages. Alzheimer's disease one of the main problems of the elderly.

Keywords: elderly, disease, Alzheimer's, cognitive

I. INTRODUCTION

Alzheimer's disease is perhaps the most important of all the degenerative diseases because of its frequent occurrence and devastating nature. It is the most common cause of dementia in the elderly. Historically this term was applied to progressive dementia coming on in late middle life. This disease include gradual memory loss, emotional disturbances such as depression, anxiety, unpredictable quirks of behaviour and impairments in learning skills and communications. This disease is named after the German neurologist Alois Alzheimer who in 1907 described the pathological changes in the brain associated with this illness.

II. SYMPTOMS OF ALZHEIMER'S DISEASE

Alzheimer's disease begins slowly. At first, the only symptoms may be mild target fullness, which can be confused with age related memory change. Most people with mild forget fullness do not have Alzheimer's disease. In the early stage of Alzheimer's disease people may face trouble remembering recent events activities of the names of familiar people or things. They may not be able to solve simple mathematical problem. Such difficulties may be a bother, but usually they are not serious enough to cause alarm.

However, as the disease goes on symptoms are easily noticed and becomes serious enough to cause people with Alzheimer's disease or their family members to seek medical help. Forget fullness begins to interface with daily activities. People in the middle stages of Alzheimer's disease may forget how to do simple task like brushing their teeth or combing their hair. They can no longer think clearly they can fail to recognize familiar people and places they begin to have problems, speaking, understanding, reading or writing later on people with Alzheimer's disease may become anxious or aggressive or wonder away from home eventually patients need total care.

III. WARNING SIGNS OF ALZHEIMER'S DISEASE

- 1) **Memory loss**
Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.
- 2) **Difficulty performing familiar task**
People with dementia often find it hard to plan or complete every day task. Individual may lose track of the steps involved preparing a meal, playing a game.
- 3) **Problem with language**
Problems with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the tooth brush, for example an instead as for thing for my mouth.
- 4) **Disorientation to time and place**
People with Alzheimer's disease can become lost in their own neighborhood forget where they care.
- 5) **Poor or decreased judgment**
Those with Alzheimer's disease may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may be poor judgment like giving away large sum of money to telemarketers.
- 6) **Problems with abstract thinking**
Someone with Alzheimer's may have unusual difficulty performing complex mental task, little forgetting what numbers are for and how they should be used.
- 7) **Misplacing things**
Changes in put things in unusual places usually occur at that cases may of the patient put on iron in the freezer or a wrist watch in the sugar bowl.
- 8) **Changes in mood or behaviours**
Someone with Alzheimer's disease may show rapid mood swing-from calm to tears to anger for no apparent reason.
- 9) **Changes in personality**

The personality of people with dementia can change dramatically. They may become extremely confused, suspicious; fearful or dependent on a family member.

IV. STAGES OF ALZHEIMER'S DISEASE

Experts have documented common patterns of symptom progression that occur in many individual with Alzheimer's disease and developed several methods of "staging" based on these patterns.

V. NO IMPAIRMENTS

This is the stage of Alzheimer's disease unimpaired individuals experience no memory problems and none are evident to a health care professional during a medical interview.

VI. VERY MILD COGNITIVE DECLINE

This is the second stage of Alzheimer's disease. Individual may feel as if they have memory lapses, especially in forgetting words or names or the location of keys, eyeglasses or everyday objects. But these problems are not evident during a medical examination or apparent to friends, family or co-workers.

VII. MILD COGNITIVE DECLINE

This is the third stage of Alzheimer's disease. Early stage Alzheimer's can be diagnosis in some but not all, individuals with these symptoms friends, family or co-workers begin to notice deficiencies. Problems with memory or concentration may be measurable in clinical testing or discernible during a detailed medical interview word or name finding problems noticeable to family or close associates, decreased ability to remember names when introduced to new people, performances issues in social or work noticeable to family; friends or co-workers, reading a passage and retaining little material, losing or misplacing a valuable object decline in ability to plan organ.

VIII. MODERATE COGNITIVE DECLINE

This is the fourth stage of Alzheimer's disease. At this stage, a careful medical interview detect clear – cut deficiencies like decreased knowledge or recent occasions or current events, impaired ability to perform challenging mental arithmetic –for example to count backward from 75 by 7, decreased capacity to perform complex tasks, such as planning dinner for guests, planning bills and managing finances reduce memory of personal history and affected individual may be seen subdued and withdrawn, especially in socially or mentally challenging situation.

IX. MODERATE SEVERE COGNITIVE DECLINE (MODERATE OR MILD STAGE ALZHEIMER'S DISEASE)

This is the fifth stage of major gaps in memory and deficit in cognitive functions emerge. Some assistance with day to day activities become essential. At this stage individual may be unable during a medical interview to recall such important details; as their current address, their telephone number or the name of the college or high school from which they graduated, they become confused about where they are about the date, day of the week or season, have trouble with less challenging mental arithmetic, for example, counting backward from 40 by 4, from 20kg 2, need help choosing proper clothing for the season or the occasion, usually retain substantial knowledge about themselves and know their own name and the address of their spouse or children, usually no assistance with eating or using the toilet.

X. SEVERE COGNITIVE DECLINE (MODERATELY SEVERE OR MILD STAGE ALZHEIMER'S DISEASE)

This is the fifth stage of Alzheimer's disease memory difficulties continue to worsen significant personality changes may emerge and affected individuals need extensive help with customary daily activities. At this stage individual may lose most awareness of recent experiences and events as well as of their surroundings, recollect their personal history imperfectly, although they generally recall their own name occasionally forget the name of their spouse or primary caregiver faces, need help getting property, without supervision, may take such errors as putting pajamas over day time cloths or shoes or wrong feet experience disruption of their normal sleep; walking cycle, need help with planning details of toileting, have increasing episodes of urinary fecal incontinence.

Experience significant personality changes and behavioural symptoms including suspiciousness and delusions (for eg; believing that their caregiver is an imposter) hallucinations (seeing or hearing things that are not really there; or compulsive, repetitive behaviours such as hand writing or tissue shredding, tend to wander and become lost.

XI. CONCLUSION

The cause of Alzheimer's Disease continues to be a mystery. Scientist trace viral infections, biochemical deficiencies, genetics tendencies, immune system etc as the cause for this disease. At present there is no cure that has been discovered for it. Currently there is no cure for Alzheimer's but drug and non-drug treatment may help with both cognitive and behavioural symptoms researchers are looking for new treatments to alter the cause of the disease and improve the quality of life for people with dementia.

XII. REFERENCES

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