

اللغة العربية

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

World Alzheimer's Day

September 2021

#PublicHealthMatters



What is Alzheimer



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- Alzheimer's disease is a progressive disorder that causes brain cells to waste away (degenerate) and die.
 - Alzheimer's disease is the most common cause of dementia, representing up to 60% of dementia cases
 - Alzheimer disease usually affects people older than 65.



Symptoms

Memory loss is the key symptom of Alzheimer's disease, continuous decline in thinking, behavioural and social skills that disrupts a person's ability to function independently



Memory loss



Difficulty in thinking and reasoning



Decline in making judgments and decisions



Difficulty in planning and performing familiar tasks



Changes in personality and behaviour



Diagnosis



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1. History, physical and neurological exam
 2. Lab tests
 3. Mental and neuropsychological testing
 4. Brain imaging



Management

Alzheimer's disease is not a preventable condition. However, according to some studies, a number of lifestyle risks can be modified & thinking skills could be preserved by:

1. Physical exercise
2. Mental exercise
3. Social engagement
4. Healthy nutrition

- The management of Alzheimer's disease requires a multidisciplinary approach which includes the family, medical and social component.

- The disease is a progressive disease and therefore starting the treatment early will delay the progression.