Review of the Risk Assessment and Management Strategies of Alzheimer Diseases

Ambreen Bano,

Riphah International University, Pakistan.

Abstract

Worldwide around 47 million people have dementia as reported by WHO and in Canada, there are 564,000 people living with dementia. By 2031, that number is expected to rise to 937,000, an increase of 66% per Alzheimer's Society Canada. Alzheimer's disease is the most common type of dementia. Alzheimer's disease has a huge impact on individuals, society and caregivers not only in developing but also developed countries. Alzheimer disease (AD) is characterized by a progressive decline in cognitive function. AD has substantially increased among people aged 65 years or more, with a progressive decline in memory, thinking, language and learning capacity. Although the causes of Alzheimer's aren't yet fully understood, its effect on the brain is clear. Alzheimer's disease damages and kills brain cells. A brain affected by Alzheimer's disease has many fewer cells and many fewer connections among surviving cells than does a healthy brain. The hallmarks of Alzheimer disease include diffuse and neuritic extracellular amyloid plaques in the brain that are frequently surrounded by dystrophic neurites and intraneuronal neurofibrillary tangles. The greatest known risk factor for Alzheimer is aging and other risk factors include the family history and genetics, vascular risk factors and disorders for instance, cigarette smoking, midlife high blood pressure, and obesity, diabetes, and cerebrovascular lesions. The common intervention towards the optimal control of risk factors includes the maintenance of socially active lifestyle, mentally stimulating activities, and physical exercise. The interventions are expected to reduce the risk or postpone the clinical onset of dementia including Alzheimer's disease. The purpose of this report is to understand the possible risk factors associated with Alzheimer and to review the intervention and management strategies applied in Canada.

Biography:

Ambreen Bano, Riphah International University, Pakistan.

References:

1. Melikyan GB.Curr Opin Virol. 2014 Feb;4:1-7. doi: 10.1016/j.coviro.2013.09.004. Epub 2013 Nov 1.PMID: 24525288

2. Parikh UM, McCormick K, van Zyl G, Mellors JW.Curr Opin HIV AIDS. 2017 Mar;12(2):182-189. doi: 10.1097/COH.0000000000000344.PMID: 28059958

3. Turner BG, Summers MF.J Mol Biol. 1999 Jan 8;285(1):1-32. doi: 10.1006/jmbi.1998.2354.PMID: 9878383