

# Insights and perspectives of neurological disorders.

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## Introduction

Neurological disorders refer to a group of medical conditions that affect the nervous system, which includes the brain, spinal cord, and nerves. These conditions can cause a range of symptoms, from mild to severe, and can have a significant impact on a person's quality of life. Some of the most common neurological disorders include Alzheimer's disease, Parkinson's disease, epilepsy, multiple sclerosis, and migraines [1].

## Insights into neurological disorders

Over the years, researchers have made significant progress in understanding the underlying mechanisms that cause neurological disorders. For example, studies have shown that in Alzheimer's disease, there is a buildup of beta-amyloid protein in the brain, which leads to the death of brain cells. Similarly, in Parkinson's disease, there is a loss of dopamine-producing cells in the brain, which leads to a range of motor and non-motor symptoms [2].

Advancements in neuroimaging techniques, such as magnetic resonance imaging (MRI), positron emission tomography (PET), and functional MRI (fMRI), have also provided valuable insights into the brain and how it works. These techniques have allowed researchers to study the brain's structure and function in real-time, which has led to a better understanding of how neurological disorders develop and progress [3].

## Perspectives on neurological disorders

Neurological disorders can have a profound impact on a person's life. They can cause physical and cognitive impairments, affect mood and behavior, and interfere with daily activities. Therefore, it is essential to take a holistic approach to the treatment of neurological disorders that addresses the patient's physical, emotional, and social needs. The management of neurological disorders typically involves a combination of medication, therapy, and lifestyle changes. For example, in Alzheimer's disease, medications such as cholinesterase inhibitors can help improve cognitive function, while lifestyle changes, such as regular exercise and a healthy diet, can also have a positive impact on the disease's progression.

In Parkinson's disease, medications such as levodopa can help improve motor symptoms, while deep brain stimulation (DBS) can be used to treat more severe symptoms. Lifestyle changes, such as regular exercise and a healthy diet, can also

help manage the disease's progression and improve quality of life. Epilepsy is another neurological disorder that can be managed with medication and lifestyle changes. Antiepileptic drugs can help reduce the frequency and severity of seizures, while lifestyle changes, such as avoiding triggers and getting enough sleep, can also be beneficial [4].

Multiple sclerosis is a chronic autoimmune disease that affects the central nervous system. While there is currently no cure for multiple sclerosis, medications such as disease-modifying therapies can help slow the disease's progression and manage symptoms. Lifestyle changes, such as regular exercise and a healthy diet, can also be helpful in managing the disease. Migraines are a common neurological disorder that can be managed with medication and lifestyle changes. Pain relievers, such as aspirin and ibuprofen, can help relieve symptoms, while lifestyle changes, such as avoiding triggers and getting enough sleep, can also be beneficial.

Furthermore, it is important to emphasize the need for increased awareness and education about neurological disorders. Many people still have misconceptions or limited knowledge about these conditions, which can lead to stigmatization and hinder proper care and support for individuals affected by them. One aspect that deserves attention is the impact of neurological disorders on mental health. The physical symptoms and challenges associated with these conditions can often lead to emotional distress, anxiety, and depression. It is crucial for healthcare providers to address the mental health aspect of neurological disorders and offer appropriate support and resources to patients and their families [5].

## Conclusion

Neurological disorders can have a significant impact on a person's life, but with the right treatment and management, it is possible to improve quality of life and reduce symptoms. The insights and perspectives gained from research into neurological disorders have led to better understanding of these conditions and have provided valuable information for the development of effective treatments. A holistic approach to treatment that addresses the patient's physical, emotional, and social needs can help improve outcomes and lead to a better quality of life for those living with neurological disorders.

## References

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