

Alzheimer's Disease

By

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September is observed as the World Alzheimer's month and 21st September is observed as World Alzheimer's Day.

Alzheimer's Disease slowly destroys Memory . Thinking Skills eventually the ability to carry out simple tasks

It is an important cause of Dementia
7th leading cause of death

Named after Dr Alois Alzheimer's a German Psychiatrist. Neuropathologist and Neuroanatomist

He hailed from a devout Christian family

He was born on 14 June 1864 and died at the age of 51 years on 19 December 1915

In 1906 on 3 November He noticed changes in the brain of a woman who died of an unusual mental illness

The patient was Auguste D who had paranoia .sleep and memory disturbances was confused Aggressive and died 5 years later.

In 1910 Dr Emil Kraepelin published books and used the term Alzheimer's Disease.

Alzheimer's was a dedicated Professor noted histopathologist who smoked cigars

He was born in Bavaria Germany. He studied in the Medical school in Berlin

His wife was wealthy Cecille Simonette and they had 3 children

In late 1990s it was found out that his original case was Metachromatic Dystrophy

Ageing Society 7%

Aged Society 14%

Superaged Society 21%

In AD there is atrophy of the brain

Thinking .behaviour and social Skills are affected

In the world there are 50 million cases of Dementia and 60% to 70% are Alzheimer's D.

We get one case every 3 seconds

Common after 60 years of age
Forget recent events .lose memory
Repeat statements .questions forget events
Misplace possessions
Get lost
Forget names of family members .numbers and maths
Cannot multitask

Personality
Depression .apathy
Socially withdrawn
Mood swings
Aggressive
Irritable
Sleeping habits are changed
They wander
Lose inhibitions

Neurons are damaged .dead

Causes
Genetic is 1 percent
Lifestyles
Environment

Senile plaques or neuritic plaques
B Amyloid
Neurofibrillary tangles
Tau proteins

60 to 74 years age range
4 new cases per 1000 population

75 to 84 years age range
32 new cases per 1000 population

Above 85 years
76 new cases per 1000 population

Family history first degree relatives
Parents .siblings

History of COVID 19

Genetic Apolipoprotein E gene
APOE
Variant APOE e 4

Sexes same
Both Males and females

Women live longer

Causes

Head trauma

Air pollution

Poor sleep

Lack of exercise

Obesity

Alcohol

Smoking

Hypertension

Hypercholesterolemia

Diabetes type 2

Complications

Aspiration Pneumonia

Flu

Fractures

Falls

Bed sore

Malnutrition

Dehydration

Diarrhea

Constipation

Dental problems

Problems in mental and social engagements

Prevention

Exercise

Fresh food

Low in fat

Mediterranean diet

Control of BP .Cholesterol Diabetes

Avoid alcohol

Avoid smoking

Reading

Playing

drawing

social events

creative arts

Biomarkers

Plaques .tangles

PET scan

Amyloid and tau proteins in plasma and CSF

Thyroid disorder

Vitamin def

Imaging

MRI

CT

PET CT

Amyloid PET Inaging

Tau PET

Blood

AB Amyloid

Safe environment

Support

1 keys .mobile .wallet same place at home

2 medication same place

Check list

3 finances must be arranged

4 mobile tel

Location

Track

Imp tel Mos

5 alarm sensors on doors and windows

6 appointment same time same day

7 no furniture

8 no mirrors

9 shoes. Slippers railing

10 calender

Music

Dance

Books

Craft

Gardening

Social events

Alternate meds

Vit E

Omega 3 fatty acids

Turmeric

Ginkgo

New drugs

Lecanemab

Aducanumab

New dev

Autoimmune disorder

Dementia

Loss of memory
Cognitive deficiency
Over the years
As age increases
Generalised brain atrophy
Marked tauopathy
Hydrocephalus ex vacuo
Neuronal loss
Gliosis
Angiopathy
Lobar hemorrhages

Downs Syndrome
Trisomy 21
Type 4 Apo E

Presenilin mutation

Progresses in 5 to 10 years
Disabled .mute .immobile

Regular exercise
Develop a circle of friends
Healthy diet
Fruits and vegetables
Learn new things
Adequate sleep
Happy .joy .satisfaction
BP control
Sugar control
Avoid alcohol
Avoid smoking

Theme for this years Alzheimer's Day
Time to act on Dementia
Time to act on Alzheimer's