



**ALZHEIMERS: WAYS OF PREVENTION AND HEALTH PROMOTION  
OF (DEMENTIA).**

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**ABSTRACT:**

*INTRODUCTION:Al-Zheimer is a disease of the brain that affect ones behavior, character, and manner of perceptions, it's one of the major disease affecting the elderly, it's a big challenge to the point of having difficulty in concentration, thinking and leading their daily activities, in concept of numbers it will be very hard to concentrate on finances and paying bills, Dementia is so serious that a patient cannot be able to handle things alone without a helper or support, daily activities is also problem to such patients,it's easier for a dementia patient to get lost in familiar places.In terms of controlling dementia,daily physical exercise, good sleep, social connections and good diet alsoeating fish has proved to be a way in promoting the health of Al zheimers (Dementia) patient, it has been a major problem concerning Nigeria in neglecting the effort to support and provide treatment to dementia patient.*

*CONCLUSION: with health assessment and care management to the old age citizens suffering from dementia and those at risk in our community I believe Prevention of Al zheimers will help in reducing a public health challenge affecting the health of Nigerian citizens and reduce a high number of death, and reducing the impact of the disease affecting the elderly can be reduced and controlled in dementia patients and provide full health care treatment and support.*



**KEY WORDS:***Infirmity, mental disorder, weakness, prevention, health promotion management, solitude, Treatment, paranoid, Treatment, physical exercise*

**INTRODUCTION**

Alzheimer's (AHLZ-high-merz) is a disease of the brain that causes problems with memory, thinking and behavior. It is not a normal part of aging.

Alzheimer's gets worse over time. Although symptoms can vary widely, the first problem many people notice is forgetfulness severe enough to affect their ability to function at home or at work, or to enjoy hobbies.

The disease may cause a person to become confused, get lost in familiar places, misplace things or have trouble with language.

It can be easy to explain away unusual behavior as part of normal aging, especially for someone who seems physically healthy. Any concerns about memory loss should be discussed with a doctor.

Alzheimer's disease More than 5 million Americans have Alzheimer's disease, the most common form of dementia. Alzheimer's accounts for 60 to 80 percent of all dementia cases. That includes 11 percent of that age 65 and older and one-third of those 85 and older. The disease also impacts more than 15 million family members, friends and caregivers.

Fewer people are familiar with "dementia" or "Alzheimer's Disease", their symptoms and treatment. However, dementia is prevalent, and on the rise in all countries, and impacts both patient and family adversely for many years.

(Swapna Kishore, 2011 -2015).



## OBJECTIVES:

1. To develop an invivo model.
2. To develop new serological test.
3. To develop new innovative and targeted Therapies
4. To develop new diagnostic laboratories for an early diagnosis of alzheimer's disease.
5. To support and accelerate this new emerging field of alzheimer's research.
6. Organization of international conferences to spread important new knowledge.
7. Prevent and eradicate dementia.

## BEHAVIORS OBSERVED BY A DEMENTIA PAYMENT

### • Repeats himself/ herself?

Alzheimer's usually used to start from 40s to 50s year of age some times when talking to an elderly and having discussions you will notice something weird, especially when talking to our



grandparents, of course the elderly likes to tell stories to the young ones and something very peculiar about it is that they will keep telling you same old stories that you will be tired of it every time you heard it, there is a case sometimes the young ones will be running away from those same stories every single day, and to the elderly they are not aware of themselves telling the same old stories over and over again, this happens to be one of the major problem faced by the elderly with Alzheimer disease or dementia to be precise.

• **Seems paranoid, suspicious, agitated for no reason?**

In this case its related to mental disorder, an elder will be able to see illusions due to mental disorder that dementia cause, a patient with dementia will mis-concept the visual image of his surrounding including mistaking people, there is a case a patient with Al-zheimer will mistake a young adult to be his/her dead son or any relative close to the patient(mistook the wrong person), and when the mistaking person explains things to the patient a chance of being agitated might arise or the patient might be angry for being ignored or refusing to respond to the patient demand.

• **Keeps forgetting?**

This type of patient usually use to forgets things even if such a thing is an activity that is supposed to be done every day, like forgetting to change clothes is likely a possibility the person with dementia might do, going outside without shoes or with one shoe not same as the other shoe or only putting one shoe, an Alzheimers patient can even forgets a pot while cooking in the kitchen and forgets to get back to it, or even forgets something he or she has been told to do by relatives, forgetting to take a medicine pill is also an expected activity of dementia patient.

• **Withdraws from people? Seems depressed?**

Seclusion from reality and people is another activity that a dementia patients likes to do, if left unchecked it might leads to solitude, people will be outside talking and the patient will withdraw from people and hide in his or her room and not be together with people, secluding themselves in one place will in time result to depression as also one of mental disorder affecting the elderly patients with dementia or to be precise Al zheimers disease.



**• Seems confused**

Being confused and thinking of what to do in kitchen trying to decidewhether to eat rice, chapatti or noodles keep thinking for better choice and time will keep going without being able to decide, also when buying two items an elderly will dwell in thinking of what to choose from the two choices given.

**WAYS OF PROMOTING THE HEALTH OF AL ZHEIMERS PATIENT**

**1. Physical exercise and diet**



Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable part of any overall wellness plan.

Current evidence suggests that heart-healthy eating may also help protect the brain. Heart-healthy eating includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best. Two diets that have been studied and may be beneficial are the DASH (Dietary Approaches to Stop Hypertension) diet and



the Mediterranean diet. The DASH diet emphasizes vegetables, fruits and fat-free or low-fat dairy products; includes whole grains, fish, poultry, beans, seeds, nuts and vegetable oils; and limits sodium, sweets, sugary beverages and red meats. A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats.

**2. Social connections and intellectual activity**



A number of studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline and Alzheimer's. Experts are not certain about the reason for this association. It may be due to direct mechanisms through which social and mental stimulation strengthen connections between nerve cells in the brain.

### 3. Mental stimulation



Those who continue learning new things and challenging their brains throughout life are less likely to develop Alzheimer's disease and dementia. In essence, you need to "use it or lose it." In the groundbreaking NIH ACTIVE study, older adults who received as few as 10 sessions of mental training not only improved their cognitive functioning in daily activities in the months after the training, but continued to show long-lasting improvements 10 years later.

Activities involving multiple tasks or requiring communication, interaction, and organization offer the greatest protection. Set aside time each day to stimulate your brain:

**Learn something new.** Study a foreign language, practice a musical instrument, or learn to paint or sew. One of the best ways to take up a new hobby is to sign up for a class and then schedule regular times for practicing.



The greater the novelty complexity and challenge the greater the benefit.

**Raise the bar for an existing activity.** If you're not keen on learning something new, you can still challenge your brain by increasing your skills and knowledge of something you already do. For example, if you can play the piano and don't want to learn a new instrument, commit to learning a new piece of music or improving how well you play your favorite piece.

**Practice memorization techniques.** For example, make up a sentence in which the first letter of each word represents the initial of what you want to remember, such as using the sentence "Every good boy does fine" to memorize the notes of the treble clef, E, G, B, D, and F. Creating rhymes and patterns can strengthen your memory connections.

**Enjoy strategy games, puzzles, and riddles.** Brain teasers and strategy games provide a great mental workout and build your capacity to form and retain cognitive associations. Do a crossword puzzle, play board games, cards, or word and number games such as Scrabble or Sudoku.

**Follow the road less traveled.** Take a new route or eat with your non-dominant hand. Vary your habits regularly to create new brain pathways.

#### 4. Quality sleep





There are a number of links between poor sleep patterns and the development of Alzheimer's and dementia. Some studies have emphasized the importance of quality sleep for flushing out toxins in the brain. Others have linked poor sleep to higher levels of beta-amyloid in the brain, a sticky protein that can further disrupt the deep sleep necessary for memory formation.

If nightly sleep deprivation is slowing your thinking and or affecting your mood, you may be at greater risk of developing symptoms of Alzheimer's disease. To help improve your sleep:

**Establish a regular sleep schedule.** Going to bed and getting up at the same time reinforces your natural circadian rhythms. Your brain's clock responds to regularity.

**Set the mood.** Reserve your bed for sleep, and ban television and computers from the bedroom (both are stimulating and may lead to difficulties falling asleep).

**Create a relaxing bedtime ritual.** Take a hot bath, do some light stretches, listen to relaxing music, or dim the lights. As it becomes habit, your nightly ritual will send a powerful signal to your brain that it's time for deep restorative sleep.

**Quiet your inner chatter.** When stress, anxiety, or worrying keeps you awake, get out of bed. Try reading or relaxing in another room for twenty minutes then hop back in.

**Get screened for sleep apnea.** If you've received complaints about your snoring, you may want to get tested for sleep apnea, a potentially dangerous condition where breathing is disrupted during sleep. Treatment can make a huge difference in both your health and sleep quality.

#### **OTHER TIPS TO REDUCE THE RISK OF ALZHEIMER'S**

Just as what's good for the body is also good for the brain, so too is the converse: what's bad for the body is bad for the brain.

**Control blood pressure.** High blood pressure is strongly associated with an increased risk of Alzheimer's disease and vascular dementia. In addition to medication, there are plenty of lifestyle changes you can make to control your blood pressure, including exercising, trimming your waistline, and reducing your caffeine, sodium, and alcohol intake.

**Watch your cholesterol levels.** Studies also suggest there may be a connection between high cholesterol and the risk for Alzheimer's and dementia, especially having high cholesterol levels in mid-life. Improving your levels can be good for both your brain and your heart.



**Stop smoking.** Smoking is one of the most preventable risk factors for Alzheimer's disease and dementia. One study found that smokers over the age of 65 have a nearly 80% higher risk of Alzheimer's than those who have never smoked.

When you stop smoking the brain benefits from improved circulation almost immediately

**Manage your weight.** Extra pounds are a risk factor for Alzheimer's disease and other types of dementia. A major study found that people who were overweight in midlife were twice as likely to develop Alzheimer's down the line, and those who were obese had three times the risk. Losing weight can go a long way to protecting your brain.

**Drink only in moderation.** While there appear to be brain benefits in consuming red wine in moderation, heavy alcohol consumption can dramatically raise the risk of Alzheimer's and accelerate brain aging.

## **CONCLUSION**

In conclusion we know that Al Zheimer or to be precise dementia can be able to shorten a patient's life span and other thinking ability and can shorten a person's competency, dementia can affects a person everyday life including cooking food, driving and other activities, people with dementia can have the same opportunity as other citizens for providing care, assessment and treatment should they at some point develop continent problem, health assessment and various forms of treatment and care can be based on thorough understanding of both dementia and continence problem, however with proper care to the elderly I believe dementia can be prevented so that our old aged citizens can have a healthy and normal life.

This paper also suggests early diagnosing of dementia to prevent any health misconceptions that may arise or mental health disorder.

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