

CASE STUDY

ALZHEIMER DISEASE

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ABSTRACT

Introduction: Alzheimer's disease (AD) is a type of dementia that causes problems with memory, thinking and behavior. Alzheimer's is the most common form of dementia that affects intellectual abilities and interfere with daily life.

Case Presentation: 63 years old patient Mrs. Sajjad Hussain presented with Alzheimer disease. Initially she reported with the symptoms of headache and vertigo and later developed dementia which is progressive and she is unable to recognize her family members. Neurological examination showed she is disoriented in space and time and her mini-mental score zero.

Discussion: Alzheimer disease accounts for 60% to 70% of cases of dementia. It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. The most common early symptom is difficulty in remembering recent events (short term memory loss). As the disease advances, symptoms can include problems with language, disorientation, loss of motivation, not managing self-care, and behavioral issues. As a person's condition declines, they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death.

INTRODUCTION

Alzheimer's disease is a progressive disease that destroys memory and other important mental functions. It's the most common cause of dementia a group of brain disorders that results in the loss of intellectual and social skills. These changes are severe enough to interfere with day-to-day life.

It is the case report of a 63 year old female patient who presented with Alzheimer disease.

CASE PRESENTATION

Mrs. Sajjad Hussain at the age of 63 started forgetting things. Initially she suffered from episodes of vertigo. Later she started forgetting to perform household work but can recognize her family members. Her behavior was normal with family members. After few months she started to forget the name of her family members. She was then taken to the Psychiatrist and she was diagnosed as a case of Alzheimer disease. She was prescribed Donepezil, co-dergocrine and paroxetine. Despite of treatment the disease progression never stopped and gradually the patient started to not recognizing her family members and dementia worsen day by day.

On 11 august 2015 she suffered from diarrhea for which she was given metronidazole and antibiotics. She recovered from diarrhea but on 13 August she developed generalized body weakness and she was unable to perform any work. She was taken to the Physician and her drugs for dementia and depression were stopped and she was prescribed procyclidine, clonazepam, aspirin, and clopidogrel. These medications improved her new symptoms but her dementia is worsening and there is no improvement.

On examination the patient was disoriented in space and time She knew her own identity, was unsure of her exact location and did not know the current date. Her mini mental scoring was zero(0).She could not recognize her family members properly. She became visibly agitated with the questions .

DISCUSSION

Alzheimer's disease is the most common type of dementia. The dementia is a loss of mental ability associated with gradual death of brain cells. In AD, plaques develop in the hippocampus, a

structure deep in the brain that helps to encode memories, and in other areas of the cerebral cortex that are used in thinking and making decisions.

A patient with AD may appear completely normal on physical examination and mental status testing. Specific regions of the brain (e.g. entorhinal cortex, hippocampus) probably begin to be affected 10-20 years before any visible symptoms appear. In symptomatic patients there will be increasing memory loss and confusion, Shortened attention span. Problems recognizing friends and family members, Difficulty with language; problems with reading, writing, working with numbers, Inability to learn new things, Restlessness, agitation, anxiety, Repetitive statements or movement; occasional muscle twitches etc. In severe AD the patients are unable to recognize any of their family members and are completely dependent on others.

Diagnosis of AD is made on clinical basis. CSF examination may show tau and phosphorylated tau in the cerebrospinal fluid are often elevated in AD, whereas amyloid levels are usually low. Imaging studies are done to rule out treatable causes of progressive cognitive decline, such as chronic subdural hematoma or normal-pressure hydrocephalus.

Treatment of AD is symptomatic and no specific medication is available to cure AD. Medical treatment for AD includes cholinesterase inhibitors and a partial N-methyl-D-aspartate antagonist. For symptoms of AD drugs used are Antidepressants, Anxiolytics, Antiparkinson agents, Beta-blockers and Neuroleptics. Psychological treatments such as cognitive stimulation may also be offered to help improve your memory, problem-solving skills and language ability.

CONCLUSION

Alzheimer disease is the most common form of dementia affecting 5million people in USA every year. It is the 6th leading cause of death in USA, Patients with Alzheimer's disease live for around 8 to 10 years after they start to develop symptoms. However, this can vary considerably from person to person. Some people with the condition will live longer than this, but others will not. As the exact cause of Alzheimer's disease is not clear, there is no known way to prevent the condition. However, there

are some steps you can take that may help reduce your risk or delay the onset of dementia, such as stop smoking, eat healthy balanced diet, stay physically fit and mentally active.

REFERENCE

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