



Brain Disorders with Abnormal Protein Deposits and their Mediterranean Diet

Mazumdar Peter*

Department of Neurology, University of Sheffield, Sheffield, United Kingdom

ABOUT THE STUDY

Alzheimer's disease is a progressive brain disorder that causes memory loss, confusion, and changes in personality and most common cause of dementia, which is a decline in cognitive functions that affects daily living. The exact causes of Alzheimer's disease are not fully understood, but they may involve a combination of genetic, environmental, and lifestyle factors. Some of the factors that may increase the risk of developing Alzheimer's disease include older age, family history, certain genes, head injury, cardiovascular disease, diabetes, and smoking. Alzheimer's disease is characterized by changes in the brain that lead to the accumulation of abnormal protein deposits called amyloid plaques and twisted fibers called "Neurofibrillary Tangles". These changes damage and kill brain cells and affect their connections.

The symptoms of Alzheimer's disease vary from person to person and worsen over time. The early symptoms include mild memory loss, such as forgetting recent events or conversations, misplacing items, or repeating questions. As the disease progresses, the symptoms become more severe and interfere with daily activities. They may include difficulty with language, reasoning, judgment, planning, orientation, recognition, and problem-solving. People with Alzheimer's disease may also experience mood and personality changes, such as depression, anxiety, irritability, apathy, paranoia, or aggression.

There is no cure for Alzheimer's disease, but treatments can help manage some of the symptoms and improve the quality of life for people with the disease and their caregivers. Some of the treatments include medications, behavioral interventions, cognitive stimulation, physical activity, and social support.

Some of the factors that may increase the risk of developing Alzheimer's disease include older age, family history, certain genes (such as *APOE ε4A*), head injury, cardiovascular disease, diabetes, and smoking. These factors may affect the brain's structure and function, leading to the accumulation of abnormal protein deposits called amyloid plaques and twisted fibers called neurofibrillary tangles. These changes damage and kill brain cells and affect their connections.

There is no definitive way to prevent Alzheimer's disease, but some lifestyle habits may help reduce the risk or delay the onset of symptoms. Some of these habits include exercising regularly, controlling blood pressure and cholesterol levels, eating a balanced diet (such as the Mediterranean diet), avoiding smoking and excessive alcohol consumption, staying mentally and socially active, taking care of mental health, using cognitive skills, avoiding head injury, treating hearing loss, and seeking professional help if needed.

However, these strategies are not guaranteed to prevent Alzheimer's disease in everyone. They may work better for some people than others depending on their individual risk factors and genetic makeup. More research is needed to identify specific interventions that can prevent or delay Alzheimer's disease in different populations.

Caring for someone with Alzheimer's disease can be challenging and rewarding. It requires patience, flexibility, and compassion. There are different types of Alzheimer's disease based on the age of onset or the presence of certain genes. The most common type is late-onset Alzheimer's disease, which usually occurs after age 65. The less common type is early-onset Alzheimer's disease, which can occur as early as age 30. Some people with early-onset Alzheimer's disease have a genetic mutation that runs in families. This is called familial Alzheimer's disease.

One way is to divide the disease into three stages

preclinical, Mild Cognitive Impairment (MCI), and dementia. Another way is to divide the dementia stage into three categories: mild, moderate, and severe. The stages are not clear-cut and may overlap. They are only a general guide to understand how the disease progresses. A person with moderate dementia may need more assistance with daily activities such as bathing, dressing, eating, or toileting. They may also have more difficulty with communication, recognition, orientation, and memory. They may become confused about where they are or what time it is. They may also exhibit behavioral symptoms such as wandering, agitation, hallucinations, or delusions.

Correspondence to: Mazumdar Peter, Department of Neurology, University of Sheffield, Sheffield, United Kingdom, E-mail: petermazum@ac.uk

Received: 01-Mar-2023, Manuscript No. JCMS-23-21010; **Editor assigned:** 03-Mar-2023, Pre QC No. JCMS-23-21010 (PQ); **Reviewed:** 17-Mar-2023, QC No JCMS-23-21010; **Revised:** 24-Mar-2023, Manuscript No. JCMS-23-21010 (R); **Published:** 31-Mar-2023, DOI: 10.35248/2593-9947.23.7.226.

Citation: Peter M (2023) Brain Disorders with Abnormal Protein Deposits and their Mediterranean Diet. J Clin Med Sci. 7:226

Copyright: © 2023 Peter M. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.