

## Fundamental Characteristics and Surgical Interventions of Hydrocephalus

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## DESCRIPTION

Hydrocephalus is a condition that arises when there is an excess of fluid in the brain. The fluid, known as Cerebro Spinal Fluid (CSF), ordinarily circulates through the brain and spinal cord, cushioning and protecting them. When the flow of CSF is obstructed or interrupted, pressure and injury can occur in the brain. Hydrocephalus can afflict persons of any age, but it is more common in infants and the elderly. Hydrocephalus can produce a variety of symptoms, including headaches, nausea, vomiting, vision issues, balance problems, cognitive impairments, and seizures. Imaging techniques, such as a scan can detect hydrocephalus by revealing enlarged ventricles in the brain where CSF accumulates.

Hydrocephalus is usually treated by surgery to place a device called a shunt that drains excess CSF from the brain to another part of the body, such as the belly or chest. Alternatively, some people may undergo an Endoscopic Third Ventriculostomy (ETV), which involves creating a hole in the wall of one of the ventricles to allow CSF to flow normally. Both shunt and ETV can lower pressure and symptoms of hydrocephalus, but they are not without risks and problems. Patients with hydrocephalus require constant follow-up and monitoring from their doctors, and they may require additional surgeries or device modifications over the years.

Hydrocephalus can be difficult to live with for both patients and careers. It can have a negative impact on their physical, mental, emotional, social, and financial well-being. However, there are coping strategies and tools available to assist individuals cope and improve their quality of life. Inquire with doctor and look for credible sources of information, both online and offline. Follow doctor's instructions and suggestions for medications, shunt care, activity level, nutrition, and lifestyle. Maintain a record of symptoms and medical history. This can assist the clinician in identifying patterns and triggers and adjusting the treatment strategy as needed. Seek help from family, friends, or other people who understand the situation. Maintain mental wellness. At times, living with hydrocephalus can be difficult and anxious, depressed, angry, frustrated, or have low self-esteem. These sentiments are natural, but if they interfere with everyday functioning or happiness.

Stay strong enough and positive. Concentrate on the abilities and strengths rather than shortcomings. Learn about hydrocephalus and its treatment options. Learn how to spot the signs and symptoms of high blood pressure or infection in a loved one. Understand what to do in the event of an emergency or difficulty. Sudden changes in the loved one's condition or in behavior over time. Give up-to-date information about one's ailments and past medical conditions. Give practical and emotional support. As needed, assist them with their daily duties, but urge them to be as self-sufficient as possible. Listen to their sentiments and concerns without criticizing or ignoring them. Express a huge affection and gratitude to them. It is critical to take care of personal health and well-being by eating correctly, getting enough sleep, exercising regularly, resting frequently, and having fun. Seek assistance from others as necessary. Don't be hesitant to seek for help from family members, friends, neighbors, or professionals who can share part of the caring tasks or obligations.

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