

Xanuunka Alzheimer

Alzheimer's Disease

Alzheimer's Disease is the most common type of dementia. Dementia occurs as a result of changes in the brain that affect a person's ability to think and remember. It can become severe enough to affect daily activities.

Alzheimer's Disease causes brain changes over years and is not a normal part of aging. No one knows what causes Alzheimer's Disease, but much research is being done. You may be more at risk if you had a family member with the disease.

Signs

The signs start slowly and can vary or worsen over time. A person cannot control the signs. Treatment can help, but it does not cure the disease.

Signs may include:

- Memory loss, especially about recent events
- Confusion about time and place
- Poor judgment
- Trouble learning new information
- Changes in being able to do such things as drive, handle money, take medicine, cook, dress and bathe
- Loss of sense of smell
- Wandering or getting lost

Xanuunka Alzheimer waa nooca ugu badan ee asaasaqa. Asaasaqa waxa uu ku yimaadaa isbadelada maskaxda ee saameeya awooda qofka ee ku aadan xasuusta iyo fakarka. Waxa uu noqon karaa mid aad u daran oo saameeya hawl maalmeedka qofka.

Xanuunka Alzheimer waxa uu isbadel ku sameeyaa maskaxda sanado kadib mana ahan wax caadi ah oo gaboowga kamid ah. Majiro qof og waxa sababa Xanuunka Alzheimer, laakiin waxaa lagu sameeyay cilmi baaris badan. Halis saaid ah ayaad ugu jiri kartaa haddii xubin kamid ah qoyskaaga uu qabo.

Astaamaha

Astaamaha waxay usoo muuqdaan si tartiib-tartiib ah waqti kadibna way kasii daraan ama way sii bataan. Qofku ma xakameyn karo astaamaha. Waxaa caawimaad ahaan loogu isticmaalo daawo, laakiin daawadu xanuunka ma daaweyso.

Astaamaha waxaa kujiri kara:

- Xasuus la'aan, gaar ahaan dhacdooyinkaas waayahaan
- Isku dhexyaac ku aadan waqtiga iyo goobta
- Go'aan la'aan
- Dhibaatooyinka ku aadan barashada macluumaad cusub
- Waxaa la awoodaa in la sameeyo isbadelo sida wax wadida, qabashada lacagta, qaadashada daawo, wax karin, labisasho iyo qubeysasho
- Luminta dhadhanka ama urka
- Wareer ama lumid

Your Care

Your doctor may order tests to check your brain such as a CT scan, a MRI or a PET scan. Your doctor may also:

- Use tests to eliminate other causes of memory loss and confusion
- Look at the pattern of memory loss and the person's awareness of the changes
- Get a list of medicines and information from the family
- Do a physical exam
- Check the person's mental status by asking memory and thinking questions

There is no cure for Alzheimer's Disease, and it will not go away. Medicines may help with some of the signs or delay the progress of the disease. Other medicines can treat problems with sleeping, depression or nervousness. Exercise, good nutrition and social activity are also important.

For more information and support contact:

- **Alzheimer's Association**, 24-Hour Helpline 800-272-3900, www.alz.org
- **Alzheimer's Foundation of America**, 866-232-8484, www.alzfdn.org

Daryeelkaaga

Dhaqtarkaaga ayaa kuu diri kara baaritaan sida iskaanka CT, MRI ama PET.

Dhaqtarkaaga ayaa sidoo kale:

- U isticmaali kara baaritaanada meesha oga saaro waxyaabaha kale ee sababaya wareerka iyo xasuus la'aanta
- Eegi doonaa qaabka xasuus luminta iyo wacyiga ku aadan isbadelada qofka
- Heli doonaa liiska daawooyinka iyo macluumaadka qoyska
- Sameyn doona baaritaan jir
- Baaritaan ku sameyn doona xaalada maskaxda waxa uuna ku waydiin doonaa su'aalo la xariira maskaxda iyo fikirka

Xanuunka Alzheimer ma lahan daawo, mana joogsamo. Qaar kamid ah astaamaha waxaa xakameyn kara daawooyin ama waxay daahin karaan kobaca xanuunka. Daawooyinka kale waxay daaweyn karaan dhibaatooyinka sida hurdada, walaaca ama welwelka. Jimicsiga jirka, qaadashada nafaqada iyo ka qayb qaadashada hawlaha bulshada ayaa ah wax sidoo kale wanaagsan.

Haddii aad rabto macluumaad dheeraad ah iyo caawimaad la xariir:

- **Ururka Alzheimer**, oo furan 24-Saac adoo kala xariiraaya Laynka Caawimaada ee 800-272-3900, www.alz.org
- **Ururka Maraykanka ee Alzheimer**, 866-232-8484, www.alzfdn.org