

# 痴呆症类型

## Types of Dementia

Dementia is a loss of thinking, remembering, language, judgment, and reasoning skills that are severe enough to affect daily activities such as eating, bathing, and getting dressed. People with dementia may have a change in their personality, find it hard to control emotions, or lose their ability to solve problems. Although it is normal to need more time to remember things as we age, other thinking and reasoning skills should not change. Dementia is not a normal part of the aging process.

There are different causes of dementia. Some can be treated, and some cannot. That is why it is important to have a medical exam to learn the cause of the changes.

### Common Causes of Dementia

#### Alzheimer's Disease (AD)

- Alzheimer's disease is the most common cause of dementia. The symptoms start slowly and become worse over time.
- Damage to the brain may begin 10 or more years before symptoms appear. During this first stage, abnormal clumps of proteins called "amyloid plaques" and tangled bundles of fibers called "neurofibrillary tangles" are formed. Nerve cells in the brain can no longer connect with each another and stop working as they should.
- During the second stage, these symptoms occur: memory loss, confusion about time and space, poor decision making, and changes to language. The damage that occurred during the first stage are now causing the nerve cells to die and brain tissue to shrink. The part of the brain called the hippocampus, where memories are formed, is affected.

痴呆症是一种思维、记忆、语言、判断和推理能力丧失的疾病，其严重程度足以影响如吃饭、洗澡和穿衣等日常活动。痴呆症患者可能会发生性格改变，难以控制情绪，或者丧失解决问题的能力。尽管正常情况下记事所需时间会随着年龄增长而延长，但其他思考和推理能力不应改变。痴呆症不是衰老过程的正常部分。

痴呆症原因各不相同。有些可以治疗，有些则不能。因此通过体检了解改变的原因很重要。

### 痴呆症的常见原因

#### 阿尔兹海默症 (AD)

- 阿尔兹海默症是最常见的痴呆原因。症状开始缓慢，但会随着时间的推移而恶化。
- 大脑损伤可能在症状出现前 10 年或更早前开始。第一阶段，个体大脑内可形成一种称为“淀粉样斑块”的异常蛋白质团块和称为“神经原纤维缠结”的缠结纤维束。大脑中的神经细胞不再相互连接，并不再能够发挥其本应承担的功能。
- 第二阶段可出现以下症状：记忆丧失、时空混淆、决策能力差以及语言改变。在该阶段中，第一阶段发生的损伤可导致神经细胞死亡和脑组织萎缩。大脑中形成记忆的海马体部分受到影响。

- The final stage is known as Alzheimer's dementia. The person loses their ability to communicate, and they will need total care.

As with all kinds of dementia, the disease will progress at different rates for different people. It also depends on the person's age when they are diagnosed and other health problems they may have. A person with Alzheimer's disease might live for 3 to 4 more years if the diagnosis was made after the age of 80. They may live 10 or more years longer if they were diagnosed at a younger age. No one knows what causes Alzheimer's disease. It cannot be cured and will not go away. Treatment may only help to manage symptoms and slow the disease.

## Vascular Dementia

Vascular dementia is also known as multi-infarct dementia (MID). It occurs when repeated strokes destroy small areas of the brain. A stroke happens when a vessel taking blood and nutrients to an area of the brain becomes clogged or bursts. Blood and oxygen cannot get to that part of the brain, and brain cells die. This results in permanent brain damage.

The strokes may be so small that the person and people around them are not aware that they are happening. These "silent strokes" will finally lead to symptoms of vascular dementia as more areas of the brain are damaged by repeated strokes.

In other cases, the strokes are bigger and not so "silent." New symptoms of vascular dementia may develop fast with each stroke.

As with Alzheimer's disease, vascular dementia cannot be cured and will not go away. Treatment is aimed at reducing the risk factors of the disease to prevent further strokes from occurring.

- 最后一个阶段被称为阿尔兹海默痴呆症。患者丧失沟通能力，将需要全方位的照顾。

与所有类型的痴呆症一样，不同人群的疾病进展速度也不同。个体的进展速度还取决于患者确诊时的年龄以及他们可能存在的其他健康问题。如果阿尔兹海默病患者在 80 岁之后确诊，患者可能可以再活 3 至 4 年。如果在较年轻的时候确诊，患者的生存时间可长达 10 年或以上。目前阿尔兹海默病的发病原因尚不清楚。它无法治愈，也不会消失。治疗仅可控制症状和减缓疾病进展。

## 血管性痴呆症

血管性痴呆症也称为多发脑梗死性痴呆症 (MID)。当反复卒中破坏大脑多处小区域时即会出现这种疾病。当将血液和营养物质输送至大脑某一区域的血管发生堵塞或破裂时，即会出现卒中。血液和氧气无法到达大脑这一区域，脑细胞就会死亡。该变化可导致永久性脑损伤。

这些卒中可能症状极为轻微，以至于患者和周围的人都无法意识到正在发生卒中。这些“沉默卒中”最终会导致血管性痴呆症，因为反复卒中可损害大脑的多个区域。

其他情况下，这类卒中的症状更为显著，相对不那么“沉默”。血管性痴呆症的新症状可能会随着每次卒中的发生而迅速发展。

与阿尔兹海默病一样，血管性痴呆症无法治愈，也不会消失。治疗的目的是减少疾病的风险因素，以防止进一步的卒中发生。

Risk factors include:

- Diabetes
- High blood pressure
- High cholesterol
- Smoking

Medicines can be used to manage the person's aggressive behavior or agitation, which sometimes occurs.

## Depression

Depression is a medical condition. It involves more than just feeling “down” or “sad.” Depression interferes with normal activities of life. While depression is not a type of dementia, many people with severe depression have some similar mental changes, such as poor memory and attention. When someone has both depression and dementia, memory loss may get worse.

Symptoms include:

- Unusual and excessive sadness or irritability
- Changes in sleep
- Changes in weight and eating
- Loss of interest in things the person had enjoyed
- Loss of energy
- Problems thinking and focusing
- Feelings of being worthless
- Thoughts of suicide or death

Depression can be treated with medicine and counseling.

风险因素包括：

- 糖尿病
- 高血压
- 高胆固醇
- 吸烟

药物可用以控制患者时有发生的攻击行为或激越情绪。

## 抑郁症

抑郁症是一种疾病。抑郁症不仅仅是感觉“情绪低落”或“悲伤”。抑郁症会干扰正常的生活活动。尽管抑郁症不是痴呆症的一种类型，但许多重度抑郁症患者也有类似的心理变化，例如记忆力和注意力差。当个体同时患有抑郁症和痴呆症时，记忆丧失可能会恶化。

症状包括：

- 异常和过度的悲伤或易怒
- 睡眠的变化
- 体重和饮食的变化
- 对曾喜爱的事物丧失兴趣
- 能量损失
- 思考和关注能力发生问题
- 自觉毫无价值
- 自杀或死亡的想法

抑郁症可以通过药物和咨询来治疗。

## Parkinson's Disease

Parkinson's disease (PD) occurs when the brain does not make enough of a certain chemical called dopamine. This chemical is used by the body to control muscle movement.

Symptoms include:

- Tremor in one or both hands, arms, or legs; trembling in the jaw and face
- Stiffness of the arms, legs, and joints
- Trouble starting to move
- Issues with balance and coordination

People may have problems walking, talking, and doing simple tasks as the disease progresses. Other symptoms may include depression, sleeping problems, speaking, swallowing, and chewing.

Treatment of PD is aimed at increasing the amount of dopamine. As PD gets worse, some people develop dementia.

Some people with Alzheimer's disease may show symptoms of Parkinson's disease. Certain medicines may help the PD symptoms, but they will not reverse the dementia.

**Talk to your doctor and other members of your health care team about your questions and concerns about dementia.**

## 帕金森氏病

在大脑产生的一种称为多巴胺的化学物质不足时，会发生帕金森氏病 (PD)。身体需要这种化学物质来控制肌肉运动。

症状包括：

- 单侧或双侧手、臂或腿颤抖；下颏和面部颤抖
- 双臂、双腿和关节僵硬
- 难以移动
- 平衡与协调问题

随着疾病的进展，患者在行走、说话和完成简单任务方面都可能出现问题。其他症状可能包括抑郁、睡眠问题、说话、吞咽和咀嚼异常。

帕金森氏病的治疗旨在增加多巴胺的含量。随着帕金森氏病的恶化，一些个体会发展为痴呆症。

一些阿尔兹海默病患者可能出现帕金森病的症状。某些药物可能有助于改善 PD 症状，但不能逆转痴呆症。

**如果您对痴呆症有任何疑问，请咨询医生和医务人员。**