

# Noocyada Asasaaqa Maskaxda

## 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.

Asasaaqa maskaxdu waa luminta fikrida, xusuusta, luqadda, xukunka, iyo xirfadaha caqli-galnimada kuwaas oo aad u daran oo saameeya hawl maalmeedka sida cunto cunista, qubeysashada, iyo labisashada. Dadka asasaaqa maskaxda qaba waxaa laga yaabaa inuu isbeddel ku imaado shakhsiyadooda, ay ku adkaato inay xakameeyaan shucuurta, ama ay lumiyaan awooddooda ku aadan xalinta dhibaatooyinka. In kasta oo ay caadi tahay in loo baahdo wakhti dheeraad ah si aan wax u xasuusanno marka aan sii gaboobeyno, xirfadaha kale ee fikrida iyo caqli-galnimada waa in aysan isbeddelin. Asasaaqa maskaxdu ma aha qayb caadi ah oo ka mid ah habka gabowga.

Waxaa jira sababoyaal kala duwan oo keena asasaaqa maskaxda. Qaar waa la daweyn karaa, qaarna lama daaweyn karo. Taasi waa sababta ay muhiim u tahay in baaritaan caafimaad ay tahay in lagugu sameeyo si loo ogaado sababta keentay isbeddellada.

### Sababayaasha Caanka ah Ee Keena Asasaaqa Maskaxda

#### Cudurka Alzheimer(Alzheimer's Disease, AD)

- Cudurka Alzheimer waa nooca ugu badan ee sababa asaasaqa maskaxda. Astaamahu si tartiib tartiib ah ayey u bilaabmaan oo way ka sii daraan muddo ka dib.
- Waxyeelada maskaxda ayaa laga yaabaa ineey bilaabato 10 sano ama ka badan ka hor intaanay calaamaduhu soo if-bixin. Inta lagu jiro marxaladan koowaad, waxaa sameeysmaa burooyin aan caadi ahayn oo borotiinno ah oo loo yaqaan "amyloid plaques" iyo xirmooyin isku dhafan oo faybaro ah loo yaqaan "neurofibrillary tangles". Unugyada neerfayaasha ee maskaxdu ayaanan sii ahayn kuwo mar dambe isku sii xidhmaa midba midka kale oo weyna joojiyaan shaqeynta sidii ay ahayd.

- 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.
- 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.

- Inta lagu jiro marxaladda labaad, calaamadahan ayaa dhacaan: luminta xusuusta, jahawareer ku saabsan wakhtiga iyo goobta, go'aan qaadasho liidata, iyo isbeddelka ku imaada luqadda. Waxyeellada dhacday intii lagu jiray marxaladdii hore ayaa hadda keenaysa in unugyada neerfayaasha ay dhintaan iyo in unugyada maskaxdu ay isku soo uruursamaan. Qaybta maskaxda ee loo yaqaan hippocampus-ka, oo ah meesha xusuusaha lagu sameeyo, ayaa la saameeyaa.
- Marxaladda ugu dambaysa waxaa loo yaqaan asasaaqa Alzheimer. Qofku waxa uu lumiya awoodiisa hadlitaan, waxayna u baahan doonaan daryeel dhan.

Sida dhammaan noocyada asasaaqa maskaxda, cudurku wuxuu ugu kobci doonaa heerar kala duwan dadka kala duwan. Waxay sidoo kale ku xiran tahay da'da qofka marka laga ogaado qabitaankiisa cudurka iyo dhibaatooyinka kale ee caafimaad ee laga yaabo inay qabaan. Qofka qaba cudurka Alzheimers waxaa laga yaabaa inuu sii noolaado 3 ilaa 4 sano oo dheeraad ah haddii cudur ogaanshaha la sameeyay ka dib da'da 80. Waxay noolaan karaan 10 sano ama ka badan haddii cudur ogaanshaha lagu sameeyay da' yar. Qofna ma garanayo waxa keena cudurka Alzheimer. Lama daweyn karo mana bixi doono. Daawayntu waxa laga yaabaa inay caawiso oo kaliya in la maareeyo calaamadaha oo ayna hoos u dhigto cudurka.

## Asasaaqa Xiddidada ee Maskaxda

Asasaaqa xiddidada ee maskaxda ayaa sidoo kale loo yaqaanaa multi-infarct dementia (MID). Waxay dhacdaa marka istaroogga soo noqnoqda ay burburiyaan meelo yaryar oo maskaxda ah. Istarooggu wuxuu dhacaa marka xiddid u qaadaya dhiigga iyo nafaqada aagga gudaha maskaxda ah uu xirmo ama dillaaco. Dhiiga iyo ogsijiinta ma gaari karaan qeybtaas maskaxda, markaasna unugyada maskaxdu way dhintaan. Tani waxay keenaysaa waxyeelo abid ah oo maskaxda ku imaada.

Istaroogyadu ayaa laga yaabaa ineey aad u yar yihiin oo qofka iyo dadka ku xeeran ayaga aysan ka warqabin inay dhacayaan. Kuwan ah "istarooogyada aamusan" ayaa ugu dambeyntii horseedi doona calaamadaha asasaaqa xiddidada ee maskaxda maadaama meelo badan oo maskaxda ah ay waxyeello u geysteen istaroogyo soo noqnoqdeen.

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.

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

Xaaladaha kale, istaroogyadu way ka weyn yihiin oo ma'aha kuwo "amusan." Astaamaha cusub ee asasaaqa xiddidada maskaxda ayaa laga yaabaa inay si dhakhso ah ugu koraan istarog kasta.

Sida cudurka Alzheimer, asasaaqaa xiddidada maskaxda lama daweyn karo mana bixi doono. Daaweynta waxaa loogu talagalay in lagu dhimo arrimaha khatarta ah ee cudurka si looga hortago in istarogyo dheeraad ah ay dhacaan.

Arrimaha khatarta ah waxaa ka mid ah:

- Sonkoroowga
- Dhiig karka
- Kalastarool sareeya
- Sigaar cabidda

Daawooyinka waxaa loo isticmaali karaa in lagu maareeyo dabeecadda qallafsan ama kacsanaanta qofka, taasoo mararka qaar dhacda.

## Niyad-jabka

Niyad-jabku waa xaalad caafimaad. Waxay ku lug leedahay wax ka badan dareemida keliya "niyad-jabsani" ama "murugo." Niyad-jabku wuxuu farageliyaa hawlaha caadiga ah ee nolosha. Inkasta oo uusan niyad-jabku ahayn nooc ka mid ah asasaaqa maskaxda, dad badan oo qaba niyad-jab daran ayaa leh isbeddello maskaxeed oo la mid ah, sida xusuusta liidata iyo feejignaanta. Marka qof uu qabo niyad-jab iyo asasaaqa maskaxda labadaba, xusuus luminta ayaa laga yaabaa ineey ka sii darto.

Calaamadaha waxaa ka mid ah:

- Murugo ama xanaaqitaan aan caadi ahayn oo xad dhaaf ah
- Isbeddello ku imaada hurdada
- Isbeddello ku imaada miisaanka iyo cunto cunista
- Luminta xiisaha ku aadan waxyaabaha uu qofku ku riyaaqi jiray
- Tamar lumin
- Dhibaatooyinka ku aadan fikrida iyo wax diirad saarida
- Dareemitaanada ah inuusan qofku qiimo lahayn
- Ku soo dhicitaanka fikradaha is-dilka ama dhimashada

Depression can be treated with medicine and counseling.

## 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.**

Niyad-jabka waxaa lagu daweyn karaa daawo iyo la-talin.

## Cudurka Parkinson

Cudurka Parkinson (Parkinson's disease, PD) wuxuu dhacaa marka maskaxdu aysan sameyn in filan oo kiimo qaas ah oo loo yaqaano dopamine. Kiimikadan waxaa isticmaala jirka si uu ugu xakameeyo dhaqdhaqaaqa muruqyada.

Calaamadaha waxaa ka mid ah:

- Gariiritaanka hal ama labada gacmoodba, gacmaha, ama lugaha; ka gariiritaanka daanka iyo wejiga
- Qallafsanaanta gacmaha, lugaha, iyo kala-goysyada
- Dhibaato ka dareemida dhaqaaq bilaabida
- Cilladaha ku aadan isku-dheelitirnaanta iyo isku-dubaridka

Dadka waxaa laga yaabaa inay dhibaato kala kulmaan socodka, hadalka, iyo sameynta hawlaha fudud marka uu cudurku sii horumaraayo/kobcaayo. Calaamadaha kale waxaa ka mid noqon kara niyad-jabka, dhibaatooyinka hurdada, hadalka, wax liqidda, iyo calalinta.

Daaweynta PD-ga waxaa looga golleeyahay in lagu kordhiyo qadarka dopamine-ka. Marka uu PD-gu sii xumaanayo, dadka qaar ayaa waxaa asiiba asasaaqa maskaxda.

Dadka qaar ee qaba cudurka Alzheimer ayaa laga yaabaa inay muujiyaan calaamadaha cudurka Parkinson. Daawooyinka qaarkood ayaa laga yaabaa inay caawiyaan calaamadaha PD-ga, laakiin waxba kama tari doonan ama gadaal uma soo rogi doonaan asasaaqa maskaxda.

**Kala hadal dhakhtarkaaga iyo xubnaha kale ee kooxdaada daryeelka caafimaadka wax ku saabsan su'aalahaaga iyo walaacyada ku aadan asasaaqa maskaxda.**