

Alzheimer's disease (AD) is a type of dementia that affects memory, thinking, and behaviour. It is a progressive disease, meaning it gets worse over time, and it can have a significant impact on a person's quality of life. This information leaflet will provide an overview of the disease, including its symptoms, causes, and treatment options.

### *Symptoms*

The symptoms of AD can vary from person to person, but they generally include:

- Memory loss, particularly of recent events
- Difficulty with language and communication
- Problems with reasoning and decision making
- Difficulty with daily tasks, such as getting dressed or preparing meals
- Changes in mood or behaviour, including depression, anxiety, and aggression
- Confusion and disorientation, particularly in unfamiliar surroundings
- Difficulty with spatial awareness and navigation

### *Causes*

The exact cause of AD is not yet known, but it is thought to be the result of a combination of genetic, environmental, and lifestyle factors. Some of the risk factors that have been associated with the disease include:

- Age: The risk of Alzheimer's disease increases as you get older.
- Genetics: Certain genes have been identified that may increase the risk of developing AD.
- Lifestyle factors: Poor diet, lack of exercise, and smoking have all been linked to an increased risk of developing AD.

### *Treatment*

While there is no cure for AD, there are treatments available that can help manage the symptoms and slow the progression of the disease. Some of the treatment options include:

- Medications: There are several medications available that can help improve memory and cognitive function in people with AD. These include cholinesterase inhibitors such as donepezil, rivastigmine and memantine.
- Lifestyle changes: Eating a healthy diet, getting regular exercise, and staying socially engaged can all help improve symptoms and slow the progression of the disease.
- Support services: There are many support services available to help people with AD and their families, including counselling, support groups, and respite care.
- Clinical trials: There are ongoing clinical trials investigating new treatments for AD, and participating in these trials may provide access to new treatments.
- Lecanemab is currently under review by regulatory bodies having shown promise in a recent Phase 3 trial. It is not yet commercially available.

If you or a loved one is experiencing symptoms of AD, it is important to speak with a GP or consultant. They can provide a diagnosis, rule out other conditions that may be causing the symptoms, and provide guidance on treatment options.

In conclusion, Alzheimer's disease is a complex and debilitating condition that affects millions of people around the world. While there is no cure yet, there are treatments available that can help manage the symptoms and improve quality of life.

If you or a loved one has been diagnosed with Alzheimer's Disease, you can find condition-specific support from [Dementia UK](#) and the [Alzheimer's Society](#). [The Brain Charity](#) also offers support for patients with a wide range of neurological conditions.