

## MEMORY: Making the Most Out of Alzheimer's Symptoms

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### **Abstract:**

**Introduction:** Alzheimer's disease (AD) is an irreversible, progressive form of dementia that contributes to 60–70% of dementia cases. Due to the rise of the aging population, the global prevalence of AD is expected to increase. AD is a gradual neurodegenerative disease caused by neuronal cell death which slowly destroys memory and thinking skills as people age. Genetics, trisomy 21, increasing age, traumatic head injury, depression, smoking, and cardiovascular and cerebrovascular disease, increase the risk of AD. Higher education, the use of estrogen by women, the use of anti-inflammatory agents, leisure activities, a healthy diet, and exercise decrease the risk of AD.

**Objectives:** Early to mild AD symptoms include disorganization, impairment of motor functions, language, multitasking problems, short-term memory loss, motivation and attention deficiency, anger, and anxiety—abbreviated to “DILEMMA”. Late diagnosis of AD happens due to diagnostic uncertainties since the signs and symptoms of AD are sometimes not recognized or mistaken for signs of old age or other conditions. Early diagnosis and intervention are beneficial for patients and carers and can result in substantial healthcare cost savings. To increase awareness and prognosis of AD symptoms, this poster aims to educate the audience regarding common symptoms of AD with “DILEMMA”.

**Keywords:** *ALzheimer, diagnosis, prognosis, symptoms*