

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 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

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

アルツハイマー病

アルツハイマー病は最も一般的な種類の認知症です。認知症は、脳の異変が思考力や記憶力に影響を及ぼすことで発症します。重い症状では日常の活動に支障をきたします。

アルツハイマー病は自然な老化によって起るものではありません。この病気の原因は不明ですが、多くの研究が行われています。家族の誰かにこの病歴がある場合、発症の危険性は高くなります。

兆候

兆候はゆっくりと現れ、長期にわたり変化したり悪化したりします。患者が兆候をコントロールすることはできません。処置を施すことに効果はありますが、治療することはできません。

兆候には以下のようなものがあります：

- 特に最近の出来事に対する記憶の喪失
- 時間と場所の混乱
- 判断力の低下
- 新しい情報の習得が困難
- 運転、お金の計算、薬の服用、料理、着替え、入浴などが正常にできなくなる

注意

医師が、CT スキャン、MRI、または PET スキャンなどの検査を受けるよう指示したり、以下の処置を行う場合もあります。

- 検査により記憶の喪失および混乱の他の原因を排除する
- 記憶喪失のパターンと変化に対する患者の認識を調べる

Alzheimers. Japanese.

- 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 1-800-272-3900
 - ▶ www.alz.org
- **Central Ohio Helpline**
 - ▶ (614) 457-6003
 - ▶ www.alzheimerscentralohio.org

Talk to your doctor or nurse if you have any questions or concerns.

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- 家族から服用している薬のリストと情報を得る
- 健康診断を行う
- 記憶力と思考力の質問により患者の精神状態を検査する

アルツハイマー病の治療法はなく、治ることはありません。薬が一部の症状に効いたり、病気の進行を遅らせることができる場合があります。他にも不眠、うつ、または緊張などの症状に効く薬もあります。運動、良好な栄養状態、および社会活動も大切です。

より詳しい情報とサポートについては以下にお問い合わせください。

- アルツハイマー協会
 - ▶ 24 時間ヘルプライン: 1-800-272-3900
 - ▶ www.alz.org
- セントラル オハイオ ヘルプライン
 - ▶ (614) 457-6003
 - ▶ www.alzheimerscentralohio.org

質問や不明な事項については、主治医または看護師にご相談ください。

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Alzheimers. Japanese.