

# 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

# Cudurka Dhimir Beelidda (Alzheimer)

Cudurka Alzheimer ku waa nooca ugu badan ee caqli suulidda. Caqli suuliddu waxay dhacdaa iyada oo ka dhalata isbeddellada ku yimaada maskaxda ee saameeya awoodda qofku uu ku fekeru oo wax ku xusuusto. Waxay noqon kartaa mid aad u daran oo saameysa hawlo maalmeedka.

Cudurka Alzheimer ku maahan qayb caadi ah ee gabow. Qofna ma yaqaanno waxa sababa Cudurka Alzheimer, laakiin cilmi baaris fara badan ayaa la sameeyey. Waxaa laga yaabaa in aad halis badan ugu jirto in uu kugu dhaco cudurkan haddii uu jiray xubin qoyskaaga ka mid ah oo cudurka qabay.

## Calaamadaha

Calaamaduhu waxay u billowdaan si tartiib-tartiib ah wayna kala duwanaan doonaan ama way ka sii dari doonaan. Qofna ma xakamayn karo calaamadaha. Daaweyntu way caawin kartaa, laakiin ma bogsiiiso cudurka.

Calaamadaha waxaa ku jiri kara:

- Xusuus waayid/lunta, gaar ahaanna ku saabsan dhacdooyinkii dhawaa
- Jahawareer ku saabsan waqtiga iyo goobta
- Kala garasho liidata
- Dhibaato dhinaca barashada macluumaad cusub
- Isbeddello ku yimaada awoodda in la sameeyo waxyaabaha sida baabuur wadidda, lacag isticmaalidda, daawo qaadashada, cunto karinta, lebbisashada, iyo qubeyska

## 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
- 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](http://www.alz.org)
- **Central Ohio Helpline**
  - ▶ (614) 457-6003
  - ▶ [www.alzheimerscentralohio.org](http://www.alzheimerscentralohio.org)

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

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## Daryeelkaaga

Takhtarkaagu waxa laga yaabaa inuu kuu dalbo baadhitaano lagu hubinayo maskaxdaada sida raajada CT, MRI ama raajada PET. Sidoo kale takhtarku wuxu:

- Isticmaali doonaa baarid si uu ugu burburiyo/looga saaro sababaha kale ee xusuus waayidda iyo jahawareerka
- Eegi doonaa qaabka xusuus waayidda iyo wacyi gelinta qofka ee isbeddelka
- La imaan doonaa taxane daawooyin iyo macluumaad uu kala yimid qoyska
- Sameyn doonaa imtixaan jidh ahaaneed
- Hubin doonaa xaaladda maskaxeed ee qofka asagoo weydiinaya su'aalo xusuus iyo kuwo fekerba

Ma jirto daawo daweysa Cudurka Dhimir Beelidda (*Alzheimer*), mana tago. Daawooyinku waxaa laga yaabaa iney caawino ka geystaan calaamado xoogaa ama dib u dhigaan horukaca cudurka. Daawooyinka kale waxay daaweyn karaa dhibaatooyinka hurdada, diiqada, ama niyadkaca. Jir dhis, nafaqo wanaagsan, iyo hawlaha bulshada ayaa sidoo kale muhiim ah.

Si aad war dheeraad ah iyo taageero u heshid la xiriir:

- **Ururka Cudurka Dhimir Beelidda (*Alzheimer*)**
  - ▶ Khadka caawinta 24ka-Saac 1-800-272-3900
  - ▶ [www.alz.org](http://www.alz.org)
- **Khadka Caawinta Bartamaha Ohio**
  - ▶ (614) 457-6003
  - ▶ [www.alzheimerscentralohio.org](http://www.alzheimerscentralohio.org)

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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Alzheimers. Somali.