

阿茲海默症

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 causes brain changes over years and 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
- Loss of sense of smell
- Wandering or getting lost

阿茲海默症是最常見的癡呆類型。癡呆的發生是由於大腦變化影響了思維和記憶能力。病症可變得很嚴重，影響日常活動。

阿茲海默症會導致大腦多年來發生變化，並不是正常的衰老。無人了解阿茲海默症因何而起，但是正在進行這方面的大量研究。如果有一位家人患有此病，您患此病的風險可能較高。

症狀

徵兆慢慢地開始，可能不同或不斷惡化。患者無法控制徵兆。治療能有所幫助，但是不能治癒病症。

症狀可能包括：

- 記憶喪失，尤其是有關最近事件的記憶
- 對時間和地點的意識混亂
- 判斷力差
- 接受新資訊有困難
- 做事情的能力有改變，例如開車、處理錢財、服藥、烹調、穿衣以及洗澡等
- 嗅覺喪失
- 遊走或迷路

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 800-272-3900, www.alz.org
- **Alzheimer's Foundation of America**, 866-232-8484, www.alzfdn.org

醫療護理

醫生可能要求進行大腦檢查，例如CT掃描、MRI或PET掃描。醫生還可能會：

- 用測試排除引起失憶和意識混亂的其他原因
- 觀察失憶的規律以及患者對變化的認知
- 從家人那裡獲得藥物和資料列單
- 做一次體檢
- 透過詢問記憶和思考方面的問題檢查患者的精神狀態

阿滋海默症無治癒良方，病症不會消失。藥物可能對某些徵兆有幫助或可延緩病症進展。其他藥物能治療睡眠、憂鬱或神經過敏方面的問題。運動、良好的營養和社交活動也很重要。

若需更多資訊和支援，請聯絡：

- 阿茲海默症協會，24小時求助熱線 800-272-3900, www.alz.org
- 美國阿茲海默症基金會，866-232-8484, www.alzfdn.org