

Alzheimer's Disease

Quality of life instead of decay

Memory and concentration disorders – what can be done?

Many people suffer from memory and concentration disorders. Starting at the age of 45 until high age the normal aging process can lead to a slight decrease of these capacities in the brain. The decline in performance can also be developed more intensely and can result in impairments concerning the accomplishment of the daily routine in the course of time. These declines in performance are due to various physical and/or psychological triggers. Declines are usually also experienced at work as an increased consciousness of stress which at the same time lead to a lower work rate. If these disorders further increase they can result in the development of a dementia. The Alzheimer's disease is the most common form of dementia among these diseases.

Which examinations are required?

In the meantime normal declines of the brain performance can be differentiated from other brain damages via diagnostic instruments which are easy to operate and not straining for the patient. Especially the early detection of the Alzheimer's disease can now be done ambulatory by specialists in this field with 90% accuracy.

Besides the diagnostic instruments an extensive assessment of the previous clinical picture concerning memory, concentration, faculty of language, intellectual capacity and spatial perception are necessary. Furthermore the differentiated determination of these brain performances with neuropsychological test methods and the clarification of probable diseases are assessed via special laboratory results and an MRT picture (magnetic resonance tomography). Only in certain cases in which a clarification of rare brain damages is required, a further diagnosis will be carried out.

The treatment

The current medical treatment proves that nearly each form of memory and concentration disorders can be treated successfully. In cases of minor disorders a medication supporting the brain performance can be administered leading to a noticeable treatment outcome by the patient. The overall capabilities and the memory capacity increase and are consolidated on a higher level as before. In cases of pronounced disorders as in the early stage of a dementia (Alzheimer's disease) a combined treatment under application of effective medications and an additional individual activation training of the brain performance can detain the further development of the disease between 1 – 4 years. The mental capacity and the accomplishment of the daily routine are thus stabilized while otherwise the disease would continuously progress without being treated.

Information and Counselling

Additionally detailed information and the enlightenment of the patient and his/her relatives or partners are important modules of the treatment in the medical practise in order to improve the knowledge about symptoms, causes and course of the disease to be expected and to show possibilities of how to maintain a maximum of well-being despite the discomfort related to the disease.