

# 阿兹海默症

## 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

阿兹海默症是最常见的痴呆类型。痴呆的发生是由于大脑变化，影响了人的思维和记忆能力。病症可变得很严重，影响日常活动。

阿兹海默症会导致大脑逐年发生变化，但并非正常的衰老。导致阿兹海默症的病因目前尚不明朗，但专家正对此进行大量研究。如果您的家族成员患有这种疾病，您患病的风险可能会更高。

### 症状

疾病的症状开始进展缓慢，会随时间发生改变或恶化。患者无法控制这些症状。治疗虽然可能有所帮助，但无法治愈这种疾病。

这些症状有：

- 记忆丧失，尤其是短期记忆
- 混淆时间和地点
- 判断力差
- 难以学习新信息
- 日常活动能力发生改变，比如驾驶、理财、服药、烹饪、穿衣和洗澡等
- 嗅觉丧失
- 游走或迷路

## 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](http://www.alz.org)
- **Alzheimer's Foundation of America**, 866-232-8484, [www.alzfdn.org](http://www.alzfdn.org)

## 医疗护理

医生可能会对您进行脑部检查，如CT扫描、MRI或PET扫描。此外，医生可能还会：

- 通过测试排除造成失忆和意识混乱的其它原因
- 观察失忆的模式以及患者对变化的认知
- 从患者家属处了解用药情况和相关信息
- 做一次体检
- 向患者提出记忆和思考型问题，检查患者的精神状态

阿兹海默症无治愈方法，病症也不会消失。药物可能有助于缓解某些症状或延缓疾病进展。某些药物能改善睡眠、忧郁或神经质方面的问题。锻炼、良好的营养和社交活动也很重要。

## 若需更多信息和支持，请联络：

**阿兹海默症协会**，24小时求助热线  
1-800-272-3900 [www.alz.org](http://www.alz.org)

**美国阿茨海默症基金会**，866-232-8484,  
[www.alzfdn.org](http://www.alzfdn.org)