



World Alzheimer's Month

The Health Cluster - Qatar University is delighted to share its Health Pulse on the World Alzheimer's Day, which is observed on 21 September each year. World Alzheimer's Month is celebrated by the World Health Organization (WHO) and by different Qatari national health organizations including: the Ministry of Public Health, Hamad Medical Corporation, Medical Commission, Primary Health Care Corporation Centers (PHCC) and other Qatari institutions. This systematic health broadcast is a provided service from QU-HEALTH to Qatar communities, it aims to bring the attention to important public health issues in order to promote healthy life and prevent diseases.

World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. September 2020 will mark the Alzheimer's Month. The campaign was launched in 2012. World Alzheimer's Day is on 21 September each year.

Alzheimer's disease is a deterioration of brain functioning that leads to death. An irreversible degeneration of the brain that causes disruptions in memory, cognition, personality, and other functions that is ultimately fatal. Over 50 million people live with Alzheimer's disease or other dementias in the world today. If breakthroughs are not discovered, rates could exceed 152 million by 2050.

Early Signs of Alzheimer's:

Although Alzheimer's impacts everyone differently, the disease does show some early signs and symptoms:

1. Difficulty remembering things that just happened, forgetting dates or events; repeatedly asking for the same information and relying more and more on family members or reminder notes to handle daily tasks.
2. Misplacing things. Putting items in unusual places; struggling to retrace steps to look for a lost item and, in some cases, accusing others of stealing.
3. Mood and personality changes. Alzheimer's can produce anxiety, confusion, depression or suspicion. It can make people become upset much more easily, especially when they're away from home.
4. Poor decision-making. Having poor judgment with money or frivolously giving it away.
5. Struggling with conversations. Challenges with vocabulary, such as calling things by the wrong name, inability to follow or join a conversation and repeating the same stories.
6. Vision problems. Having difficulty identifying colors or contrasts, judging distance or reading. Poor driving may result.

People on the onset of Alzheimer's may experience just one early warning sign or several — and signs show in varying degrees.

If you're concerned that a loved one's memory loss may be serious, consult a doctor.

While Alzheimer's currently has no cure, an early diagnosis means early treatment. That increases a person's chances of maintaining independence for as long as possible and having a voice in planning for their future.

Reference: <https://www.alzheimers.net/2014-07-16-10-early-alzheimers-warning-signs>
<https://www.brightfocus.org/world-alzheimers-day-2019>

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With our best wishes for good health, always!

