

# Types of Dementia

Dementia is a loss of skills to think, remember and reason that is severe enough to affect daily activities. It is normal to need more time to remember things as we get older. Other thinking and reasoning skills should not change with age. There are different causes of dementia. Some can be treated and some cannot. Have a medical exam to learn the cause of dementia.

## Common Causes of Dementia

### Alzheimer's Disease

- Alzheimer's is the most common cause of dementia.
- It occurs from changes in the nerve cells of the brain.
- No one knows what causes Alzheimer's. It cannot be cured and will not go away.
- Signs include memory loss, confusion, poor judgment, and changes in language. These start slowly and worsen over time.
- Medicine can help slow down the disease or help with signs.

### Vascular Dementia

- Vascular dementia is also known as multi-infarct dementia.
- Small blockages cause strokes that destroy small parts of the brain. You may not know when they occur.
- This dementia cannot be cured and will not go away.
- Signs can appear suddenly and vary on where the stroke was in the brain. New signs may occur with more strokes.
- Medicines and lifestyle changes can help keep the damage from getting worse.

# Noocyada Feker la'aanta

Feker la'aantu waa luminta xirfadaha lagu feker, xusuusta iyo sababta taasoo aad u daran oo gaaraysa in ay saameyso hawlo maalmeedka. Waa wax caadi ah in loo baahdo waqti dheeraad ah oo wax lagu xusuusto markaan sii weynaannaba. Xirfadaha kale ee fekeridda iyo sabab u sameyntu waa in aysan da'da isla beddelin. Waxaa jira sababo kala duwan oo keena feker la'aanta. Qaar waa la daaweyn karaa qaarna lama daaweyn karo. Caafimaad ahaan isu baar si aad u barato sababta feker la'aanta kuu keentay.

## Sababaha Ugu badan ee Feker La'aanta keena

### Cudurka Asaasaqa (Alzheimer)

- Asaasaqu (Alzheimer) waa waxa ugu badan ee keena feker la'aanta.
- Wuxuu ka yimaadaa isbeddel ku dhaca unugyada xididka ee maskaxda.
- Qofna ma oga waxa sababa Alzheimer. Lama daaweyn karo mana tago.
- Calaamadahiisa waxaa ka mid ah xusuusta oo kaa lunta, jahawareer, kala garasho xumo, isbeddel luqadda ku yimaada. Kuwaani si tartiib ah ayey u billowdaan waqti ka dibna way ka sii daraan.
- Daawadu waxay kaa caawin kartaa in ay hoos u dhigto cudurka ama calaamadah kaa caawiso.

### Feker La'aanta Marinnada Dhiiga

- Feker la'aanta marinnada dhiigu waxaa sidoo kale loo yaqaannaa feker la'aanta multi-infarct.
- Xannibaadyo yar ayaa keena faaliga (stroke) kuwaasoo baabi'iyaya qaybo yar oo maskaxda ka mid ah. Waxaa laga yaabaa in aadan ogaannin goorta ay dhacayaan.
- Feker la'aantaan lama daaweyn karo mana tagto.
- Calaamaduhu si lama filaan ah ayey u soo muuqan karaan waxayna ku kala duwan yihiin meesha uu faaligu kaga dhacay maskaxda. Calaamado cusub ayaa laga yaabaa inay la dhacaan faaliga badan .
- Daawooyinka iyo hannaanka nololaha oo la beddelo ayaa gacan ka geysan kara in waxyeellada laga ilaaliyo in ay ka sii darto.

### **Parkinson's Disease**

- Parkinson's disease affects the part of the brain that controls muscle movement.
- There is no cure. This disease often progresses slowly and the signs can be managed.
- The 4 most common signs of this disease are tremors, muscle stiffness, slow movement, and problems with balance and movement. As Parkinson's gets worse, some people develop dementia.
- Medicine, physical therapy and surgery are used to manage signs.

### **Normal Pressure Hydrocephalus (NPH)**

- NPH is a rare condition where the flow of brain fluid is blocked. When the fluid builds up, it causes pressure on the brain.
- Swelling in the brain from infection, bleeding or injury may cause NPH. A brain scan, MRI or CT scan can help find this disease.
- Signs of NPH include memory loss and changes in the way a person walks.
- Surgery may help lessen these signs.

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

### **Cudurka Dadka Xusuusta ka lumiya**

- Cudurka dadka xusuusta ka lumiya wuxuu saameeyaa qayb ka mid ah maskaxda oo koontaroosha dhaq-dhaqaaqa muruqa.
- Ma jirto daawo lo ohayo. Cudurkaan si tartiib ah ayuu badanaa u kordhaa calaamadahana wax baa laga karaa.
- 4-ta calaamadood ee ugu badan waxay kala yihiin gariirid ama lulasho, murqaha oo giigsama, dhaq-dhaqaaqa oo yaraada iyo Dhibaato dhinaca isu dheellitiranka iyo dhaqaaqidda. Haddii Cudurka dadka xusuusta ka lumiya uu ka sii daro, dadka qaarkood waxay qaadaan cudurka feker la'aanta.
- Daawo, masaajeynta jidhka iyo qalliin ayaa loo isticmaalaa si wax looga qabto.

### **Cadaadis Caadi ah oo la saaro Hydrocephalus (NPH)**

- NPH waa xaalad dhif ah halkaasoo socodka dheecaanka maskaxdu uu xannibmo. Marka uu dheecaanku kordho, wuxuu cadaadis saaraa maskaxda.
- Barar maskaxda uga yimaada jeermis, dhiig bax ama dhaawac ayaa laga yaabaa in uu keeno NPH. Sawir maskaxda la iska saaro, sawirka MRI ama CT ayaa gacan ka geysan karaan in la helo cudurkaan.
- Calaadaha NPH waxaa ka mid ah xusuus luminta iyo isbeddel ku dhaca sida uu qofku u socdo.
- Qalliin ayaa laga yaabaa in uu gacan ka geysto yaraynta calaadaha.

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah ka qabtid cudurka feker la'aanta.**

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