

Gerontology

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- Nutritional deficiencies: EFA and/or nutrients that are responsible for producing neurotransmitters; also, low antioxidant status may contribute to the development of the disease;
- Arteriosclerosis: linked to decreased blood flow to the brain tissue.

Clinical aspect

1. Early stage:

- The decline starts and progresses gradually, beginning with short term memory loss;
- Language problems, inability to perform normal, regular tasks, in the absence of motor impairment;
- In time, confusion and disorientation appear; wandering away without knowing where they are and why are they there (cognitive impairment);
- Personality changes: anger, paranoia, depression.

2. Intermediate stage:

- Personality changes accentuate: more aggressiveness, agitation, hostility;
- Loss of sense of time and space;
- Still ambulatory (able to move on their own), but signs of physical impairment start showing up; increased risk for falls and accidents.

3. Late stage:

- Physical deterioration present: inability to perform any activity necessary for their living; incontinence; inability to swallow and eat;
- Neurological signs start showing up (localized motor and/or sensory impairment);
- Complete memory loss; complete dependence on others;
- Coma and death, usually from infections.

Diagnosis:

- Clinical aspect; please, keep in mind that, at least in the first stages, Alzheimer's very much resembles Dementia, and a differential diagnosis between the above mentioned two is difficult;
- Usually, the diagnosis is by exclusion: all other causes of dementia (substance abuse, medications, toxic exposure, tumors, trauma, metabolic conditions, infections, vascular causes) are to be investigated by medical history, physical examination and laboratory testing;
- EEG seems to be somehow characteristic in Alzheimer;
- Abnormal fingerprints pattern;

Allergology-study of allergies;

Allergic terrain - tendency to developing sensitivities;

Allergy: an acquired, abnormal, exaggerated immune response;

Alpha-gliadin: protein of wheat and other grains, which causes gluten sensitivity;

Alterative: agent capable of favourably altering unhealthy conditions of the body and tending to restore normal function;

Analgesic/anodyne: substance that relieves or diminishes pain without loss of consciousness;

Anaphylaxis (anaphylactic shock.): sudden, severe, potentially life-threatening allergic reaction;

Anethol: oil with anti cancer and anti-inflammatory properties in fennel;

Anthraquinones: substances with irritant laxative effect;

Antiarrhythmics: agents that can regulate cardiac rhythm;

Antibiotic/antibacterial: a substance that has the capacity to inhibit or kill microorganisms selectively;

Antibody (immunoglobulin): protein that is manufactured by lymphocytes to neutralize or destroy an antigen or foreign protein;

Antiemetic: substance that reduces the incidence and severity of nausea and vomiting;

Antigen: a substance that can trigger an immune response causing the production of antibodies;

Anthelmintic/vermifuge: a substance that destroys or expels intestinal worms;

Anti-inflammatory: counteracts or diminishes inflammation or its effects;

Antihistamine drugs: a group of drugs that block the effects of histamine;

Anti-inflammatory drugs: drugs that reduce the symptoms and signs of inflammation;

Antimicrobial: a substance that acts against microorganisms, generally

Antioxidant: a compound which prevents free radical or oxidative damage;

Antipyretic: an agent that can reduce fevers;

Antisclerotic: an agent that helps prevents the hardening of tissues;

Antiseptic: an agent that destroys and prevents the development of microbes;

Antispasmodic: an agent that relieves spasms or cramps;

Antitussive: an agent that can diminish cough;

Antiviral: a substance that acts against viruses selectively

Anxiolytic: an agent that can reduce anxiety;

Aperient: a mild laxative;

Arrhythmia: abnormal heart rhythm;

Arteriosclerosis: hardening of arteries;

Arthritis: inflammation of the articular structures;

Asparagine: substance in asparagus, responsible for urinary strong odour;

Asthma, extrinsic: asthma that is triggered by an allergic reaction, usually to something that is inhaled;

Astringent: an agent which causes contraction of tissues;

Asymptomatic: no symptoms;

Asystole: no cardiac contraction;

Atherosclerosis: hardening of arteries by plaques formation;