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Research Article

OPTIMIZATION OF APPROACHES TO EARLY DIAGNOSIS OF ALZHEIMER'S TYPE DEMENTIA AT THE OUTPATIENT LEVEL

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ABSTRACT

In most cases, the cause of dementia in the elderly is Alzheimer's disease (AD). The aim of the study is to study patients at an early stage of Alzheimer's type dementia at the outpatient level using the methods of the general cognitive decline - Reisberg scale, the short mental status assessment scale - MMSE test, the dementia stages scale – CDR. It is expected that about 30 patients with clinical and neurological diseases will be examined in the outpatient department. People with AD may experience various problems, ranging from remembering many recent events to the names of people they know. The problem of early diagnosis of dementia such as Alzheimer's disease has extreme medical and social significance due to the significant frequency and high percentage of their development.

KEYWORDS

Alzheimer's disease; Alzheimer's type dementia; CHEM, vascular dementia, MMSE test

INTRODUCTION

According to leading experts and from the official point of view of expert groups of such prestigious institutions as WHO and the National Institute of Aging of the USA, it is currently considered one of the most common diseases in the elderly and senile. AD is currently comparable in prevalence with myocardial and brain infarctions among the elderly population.[1]

In recent years, the problem of cognitive impairment in Alzheimer's dementia has not only become extremely relevant, but has also acquired interdisciplinary features, due to their high prevalence among the elderly and social significance.

Currently, the problem of vascular lesions of the brain is becoming increasingly relevant due to the increasing prevalence of cerebrovascular pathology, including among young and middle-aged people. [2] Among the neurological symptoms that develop as a result of vascular lesions of the brain, a special place is occupied by cognitive disorders that have a pronounced negative impact on the quality of life of patients.[3] According to WHO, there are currently about 47 million people with dementia worldwide, and it is expected that in ten years this number will reach about 75-80 million.[4]

Dementia is one of the main causes of disability in the elderly. The first place among the causes of dementia is occupied by AD, but in practice the most common is a mixed form (Alzheimer's disease in combination with cerebrovascular disease).[5] The disease can have serious consequences not only for the victims, but also for their families and those who care for them. There is often a lack of awareness and understanding of dementia, which leads to stigmatization and barriers to diagnosis and treatment. The impact of dementia on caregivers, families and society as a whole can be

physical, psychological, social, as well as economic.[6] The problem of timely detection of Alzheimer's type dementia at the outpatient level has not yet been fully studied.[7]

OBJECTIVE

To study patients at the early stage of the manifestation of vascular dementia and Alzheimer's type dementia at the outpatient level of the Tashkent Medical Academy using a scale of general cognitive decline -Rizberg, a short scale for assessing mental status - MMSE test, a scale of stages of dementia development - CDR records.

MATERIALS AND METHODS OF RESEARCH

About 30 patients were examined on the basis of the Tashkent Medical Academy, in the departments of neurology, as well as in the polyclinic of this TMA. 1. Clinical, neurological and control study of patients with chronic cerebral ischemia of stage I and II without cognitive impairment (10 people) and with chronic cerebral ischemia with vascular dementia. (10 people). 2. Patients with Alzheimer's type dementia (10 people) were examined. Several methods were carried out to determine clinical and neurological disorders. The examination methods used such tests as the scale of general cognitive decline -Raisberg; a short scale for assessing mental status – the MMSE test, the scale of stages of dementia development - CDR. (Diagram – 1)

RESULTS

According to the scale method, the overall decrease in cognitive functions in the 1st group of patients with CHEM and vascular dementia was assessed on an average of 20 patients (4.1 ± 0.22) on a point scale. During the examination, patients had a cognitive

deficit, which is clearly revealed during a clinical examination, difficulty traveling and financial affairs, forget events from their personal life, which has been observed on average for the last 2 years. In the 2nd group with Alzheimer's type dementia, all 10 patients had a decrease in cognitive functions of the brain, estimated from (5.2 ± 0.20) points. Patients have an inability to fully live independently, need some help, forget some of their personal data such as: address, names of graduated educational institutions, etc. they need control when performing everyday actions. All these disorders last an average of 1.5 years.

In the MMSE test in group 1, 20 patients were assessed on average by (14.15 ± 0.38) points. Patients have moderate degree of dementia. In the 2nd group of

patients in 10 patients, the result was (9.3 ± 0.47) points, with severe dementia.

In a study on the CDR scale in group 1, 20 patients were assessed on average $(1,375 \pm 0.14)$ points with mild dementia. Changes in memory with a slight loss of it, mainly for events that have occurred recently. Moderate difficulties with solving problems, cannot function independently in public affairs, difficulties in daily activities. In group 2, 10 patients had an average (2.5 ± 0.11) score with more severe dementia. The patients were diagnosed with severe memory loss, disorientation, can not solve any problems themselves at all, do not participate in public affairs. Need help with all the tasks of daily life and need help with most personal hygiene. Urinary incontinence is common.

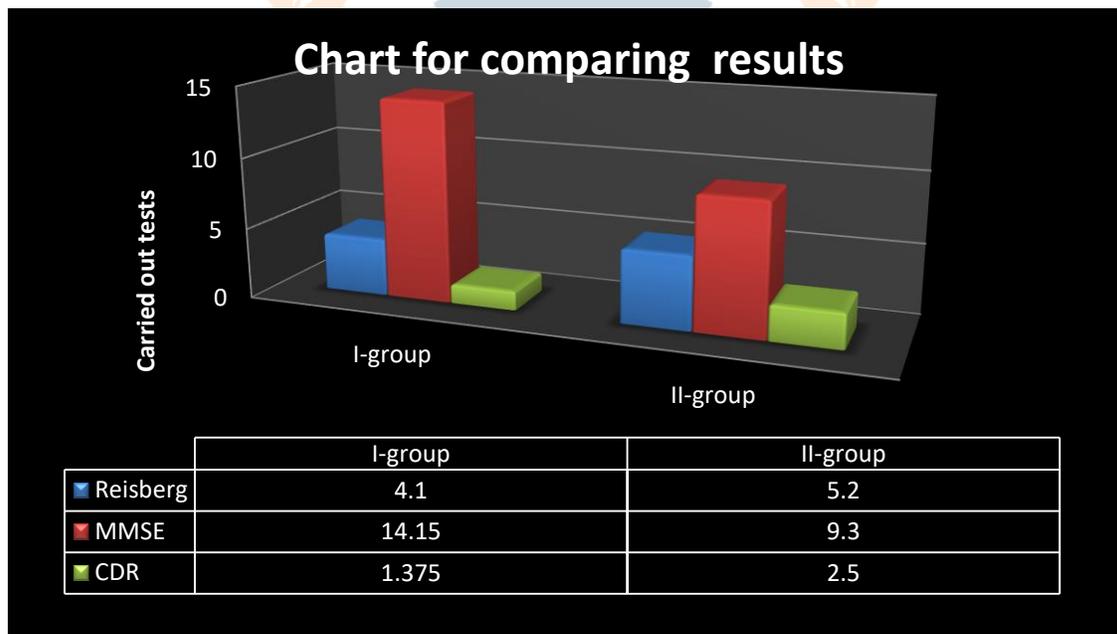


Diagram – 1: Chart comparing results test like a Reisberg, MMSE, CDR

1. Chemical I-II art. without cognitive impairment and vascular dementia;
2. CHEM with Alzheimer's type dementia.

CONCLUSION

Examination for violations of cognitive functions of the brain should be carried out in all primary care institutions in the outpatient clinic for their earlier detection. With the help of these tests, it is easy to determine the degree of cognitive impairment of the brain at an early stage. In addition, AD is the most common form of dementia among the elderly. Dementia is a brain disorder that seriously affects a person's ability to perform everyday activities. Blood pressure begins to rise slowly. First of all, this applies to those parts of the brain that control thinking, memory and language. People with AD may have trouble remembering what happened recently or the names of people they know. A related problem, mild cognitive impairment, causes more memory problems than usual in people of the same age.

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