

- Preventions - Treat or prevent high BP
- Stay at a healthy weight (reduce risk of diabetes)
 - Normalise cholesterol range
 - Proper physical activity
 - Stay mentally and socially active

Treatments

Diagnosis → The diagnostic tests are of great importance in finding the cause, or to exclude all other causes before diagnosing Alzheimer's dementia.

- Investigation includes complete blood count, urinalysis, blood glucose, serum electrolytes, renal & thyroid function test, serum B12 & folate levels, arterial PO_2 & PCO_2 , X-ray chest, ECG, X-ray skull, EEG, lumbar puncture, CT/MRI of brain, MMSE, and drug screens.

→ Alzheimer's dementia is the commonest cause of dementia, seen in about 70% of all cases of dementia in USA. Commonly seen in women.

- The diagnosis of Alzheimer's dementia is by exclusion of all other dementias, as there are no distinct clinical features or laboratory investigations.
- Autopsy shows large microscopic changes such as enlarged cerebral ventricles, widened cerebral sulci & shrinkage of cerebral cortex, as well as microscopic changes such as senile plaques, neurofibrillary tangles, cortical nerve cell loss^{etc.}
- However, these changes are only quantitatively, and not qualitatively, different from normal aged brain.
- Neurochemically, there is marked ↓ in CAT & AChE.