

World Alzheimer's Day on 21st September, 2019

Organized by: Department of Zoology

September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness and challenges the common stigma that surrounds Alzheimer related dementia. In view of this the Department of Zoology K.B. N. College has organized an awareness program on Alzheimer's disease to the B.Sc. CBZ students. The program was organised by Dr. V. Subhashini HOD Zoology and Dr. A. Samba Naik of the department.

Dr. V. Subhashini gave a brief introduction about Alzheimer's disease. She told that it is a progressive disease that impairs memory and other mental functions. It is the most common form of dementia that generalizes memory loss and loss of other essential cognitive abilities that are serious enough to interfere with an individual's daily life. She gave a brief note on the facts of Alzheimer's disease.

Facts of Alzheimer's:

1. Alzheimer's disease is the most common form of dementia, and is not a normal part of aging. This World Alzheimer's Day, the focus is on stigma and how to break stereotypes and myths that surround the diagnosis of dementia.
2. One of the most common signs of Alzheimer's disease is forgetfulness - forgetting important dates, names or events, asking for the same questions over and over.
3. Some of the other common symptoms include depression, apathy, social withdrawal, mood swings, distrust, irritability, aggressiveness, changes in sleeping habits, wandering, loss of inhibitions and delusions.
4. Research has shown that poor sleep patterns like difficulty in falling asleep or staying asleep are linked to increased risk of Alzheimer's disease.
5. To reduce the risk of Alzheimer's disease, exercising regularly, eating a diet of fresh produce, healthy oils and foods which are low in saturated fat are beneficial, say experts, adding that breathing exercises help immensely.

Dr. Samba Naik gave awareness about the foods that should not be eaten as such diet helps in the prevention of the disease. He also added that September 2019 marks the 8th world Alzheimer's month since the campaign was launched in 2012. From previous studies, an average of 2 out of 3 people globally has little or no understanding of Alzheimer's disease and associated dementia in their countries. So he asked the students to share their opinions on the disease.

The students shared their opinions with interest. One of the girl students expressed her opinion that since its inception, the impact of World Alzheimer's Month is increasing. However, the stigmatisation and lack of information surrounding dementia remains to be a global problem that calls for global action. Most people often think that this disease is a normal part of ageing.

Another student shared his opinion that the greatest risk factor for Alzheimer's disease is increasing age. This is evident by majority of Alzheimer's patients being 65 years or older. This doesn't completely classify the disease as an elderly disease. This is because there are approximately 200,000 Americans under 65 suffering from disease.

The program concluded with a prayer saying that "Let God help for the conversion of hearts and for those affected by Alzheimer's, for their families and for those who care for them lovingly".



**Dr. V. Subhashini, Head, Dept. of Zoology explaining about
Alzheimers Disease**



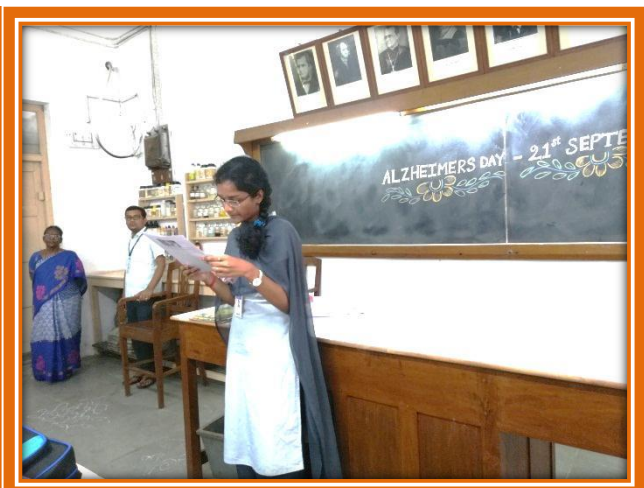
Measures to prevent the disease by Dr. A. Samba Naik, Lecturer in Zoology



Students at the Programme



I B.Sc. (CBZ) students expressing their view about the disease



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