

**Leadership, management, social justice and ICT. ‘Vous pouvez détruire tout ce qu’il vous plaira. Elle n’a qu’à ouvrir l’espace de ses bras. Pour tout reconstruire, pour tout reconstruire’ Alzheimer begins 20 years or more before the start of memory loss and other symptoms develop. The neurodegenerative disease of Alzheimer among woman and those courageous superman husband who takes care of his ill wife**

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**ABSTRACT:** A paper on the neurodegenerative disease of Alzheimer among women. According to the Alzheimer Association 2024, US<sup>10</sup>, Alzheimer begins 20 years or more before the start of memory loss and other symptoms develop. Alzheimer disease is the accumulation of the protein beta-amyloid outside neurons and twisted strands of the protein tau inside neurons are hallmarks. They are accompanied by the death of neurons and damage to brain tissue. Inflammation and atrophy of brain tissue are other changes. It is a hell for patients as their brain neurons start to deteriorate and their families, husbands, wives need to be courageous and perseverance to take care of their ill spouse as their health deteriorates in front of them.

**KEYWORDS:** Alzheimer, ill spouse

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## I. INTRODUCTION

However incredible it might seem, Alzheimer's begins 20 years or more before memory loss and other symptoms develop. The Alzheimer Association (2024) explains that Alzheimer is caused by damage to nerve cells, neurons, in the brain. The brain's neurons are essential for all human activities such as thinking, walking, talking, emotions etc. The first damaged neurons of the brain are those parts of the brain responsible for memory, language and thinking, which is why the first symptoms tend to be memory, language and thinking problems. The patient believes the symptoms and illness are new, but the damages already started 20 or more years before<sup>1-8</sup>. Alzheimer's disease is a progressive disease, that is it gets worse with time but it varies from person to person on how quickly it progresses and what abilities are affected vary. For some only the memory is affected otherwise have a normal life. The more time passes, the more neurons are damaged and more areas of the brain are affected. In our case, the woman needs increased help from husband, family members, friends and professional caregivers is needed to carry out everyday activities. Eventually, people may need help with activities of daily living. These are activities a person typically performs without assistance, including getting into and out of a bed or chair, bathing, dressing, using the toilet, eating and grooming. Individuals living with Alzheimer's dementia may develop changes in mood, personality or behavior. One behavior of special concern is wandering. For the person with dementia, wandering is likely an intentional effort to reach a destination. However, they may not be able to retrace their steps and may become lost. Wandering puts individuals at risk of significant injury and death.<sup>9</sup> Dementia is an overall term for a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Changes to the brain cause dementia, and many different brain changes can lead to dementia. Alzheimer's disease is one cause of dementia. The brain changes of Alzheimer's disease include the excessive accumulation of the protein fragment beta-amyloid and an abnormal form of the protein tau, as well as damage to and destruction of neurons. The brain changes of Alzheimer's disease are the most common contributor to dementia. Dementia caused by Alzheimer's disease is called Alzheimer's dementia.<sup>10</sup> The neuronal damage of Alzheimer's extends to parts of the brain that enable basic bodily functions such as walking and swallowing. Because of mobility limitations, individuals may spend most of their time in a wheelchair or on a bed.

## II. DISCUSSION

Alzheimer Disease, the most common cause of dementia<sup>11</sup>, is characterized by  $\beta$ -amyloid plaques, neurofibrillary tangles, and neurodegeneration in areas of the brain associated with cognition, such as the cortex and hippocampus. The disruption to critical metabolic processes leads to cell death, neuronal loss, and progressive decline from mild cognitive impairment (MCI) to AD dementia<sup>12 13</sup> AD is characterized by interference with everyday activities involving memory, speech and language, reasoning, planning, and other cognitive abilities.<sup>15</sup>

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## III. FINDINGS

Several epidemiologic studies show that neurodegeneration and clinical symptoms occur more rapidly for females once a diagnosis is suspected<sup>15 17 18 19</sup>. Researchers have hypothesized that this is due to longer female life expectancy or sociocultural detection bias<sup>13</sup>; however, there is support that faster progression is due to neurobiological vulnerability in postmenopausal females.<sup>14, 15</sup> Though progression of the disease may be more rapid among elderly women, studies conducted in the United States and United Kingdom suggest that males with AD have a shorter survival time.<sup>20 21</sup> Women are often diagnosed earlier in the course of illness than men, which could confound determination of postdiagnosis longevity.

## IV. CONCLUSION

Alzheimer disease and dementia is a hell for patients, as their brain capacity deteriorates with time but the spouses of those affected also suffer and it takes courage and perseverance from their wives, husbands, families to take care of their ill spouses and see their health deteriorate in front of them.

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