Personal research paper about health An alternative view on some common health issues

Matthias Beerens

26th October 2018

Contents

\mathbf{G}	lossary	5
1	Neurodegenerative diseases 1.1 Alzheimer	
2	Sleep disorders 2.1 Nocturia	9 10
	2.1.1 What is nocturia?	10

CONTENTS CONTENTS

Glossary

AD Alzheimer's disease. 8

Glossary

Chapter 1

Neurodegenerative diseases

1.1. ALZHEIMER CHAPTER 1. NEURODEGENERATIVE DISEASES

1.1 Alzheimer

In this part the studies on AD (Alzheimer's Disease) are discussed.

1.1.1 What is Alzheimer's disease?

Chapter 2
Sleep disorders

2.1 Nocturia

In this part the studies on nocturia are discussed.

2.1.1 What is nocturia?

Waking at night to void is known as nocturia. It is a common condition experienced by both male and female with profound impact on patient's health, QoL (Quality of Life) and economic condition.

Bibliography

Weinert, D. J. (2009). Nutrition and muscle protein synthesis: A descriptive review. J Can Chiropr Assoc, 53(3), 186-193. jcca-v53-3-186[PII]. Retrieved from http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2732256/