

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

Matthias Beerens

26th October 2018

Contents

Glossary	5
1 Neurodegenerative diseases	7
1.1 Alzheimer	8
1.1.1 What is Alzheimer's disease?	8
2 Sleep disorders	9
2.1 Nocturia	10
2.1.1 What is nocturia?	10

Glossary

AD Alzheimer's disease. 8

QoL Quality of Life. 10

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. VN, G et al. (2016)

Bibliography

VN, R., G, G. et al. (2016). Nocturia - symptom or a disease? *The Journal of the Association of Physicians of India*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/27805334>