

## **TRANSCRIPCIÓN BÁSICA EN INGLÉS**

The following video is a summary of the article on Alzheimer's that you can find in our Medical Dictionary, a website designed by Gonzalo Ramos and Lorena Pina, students at the University of Alicante, to facilitate access to medical information.

What is Alzheimer's? Alzheimer's is a brain disorder that slowly destroys memory, the ability to think and, over time, the ability to carry out even the simplest tasks. The exact cause is not yet known, but it is believed to be the result of a complex interaction between various factors, including genetic predisposition, environmental factors, age and lifestyle.

What is its incidence? Global statistics show that more than 50 million people live with some form of dementia, with Alzheimer's being responsible for 60-70% of cases.

The following graph shows how the incidence of dementia increases considerably with age, especially after 80 years of age in all regions. In terms of regions, rates are highest in Latin America and the Caribbean and Western Europe, while Eastern Asia has lower incidences across all age groups. Beginning at age 90, incidence peaks in all regions, with Latin America and Europe showing the highest rates.

What does it affect? Alzheimer's progressively affects different abilities, both cognitive and emotional, which impact people's daily lives. Memory, for example, is one of the areas most affected by Alzheimer's. People with this disease may experience significant memory loss, especially in remembering recent events or basic details of their daily lives, which directly impacts their autonomy. They may also face difficulties in making decisions and solving simple problems in everyday life. This affects, for example, their ability to handle common situations, such as planning an activity or managing their money appropriately.

Can it be treated? Currently, there is no cure for Alzheimer's. Available treatments focus on managing symptoms and improving patients' quality of life. These include, for example, the use of drugs: cholinesterase inhibitors and memantine, and non-pharmacological therapies such as: physiotherapy, speech therapy, psychology or cognitive stimulation.

Thank you very much for watching the video, we hope it has been useful in understanding the basics of Alzheimer's.