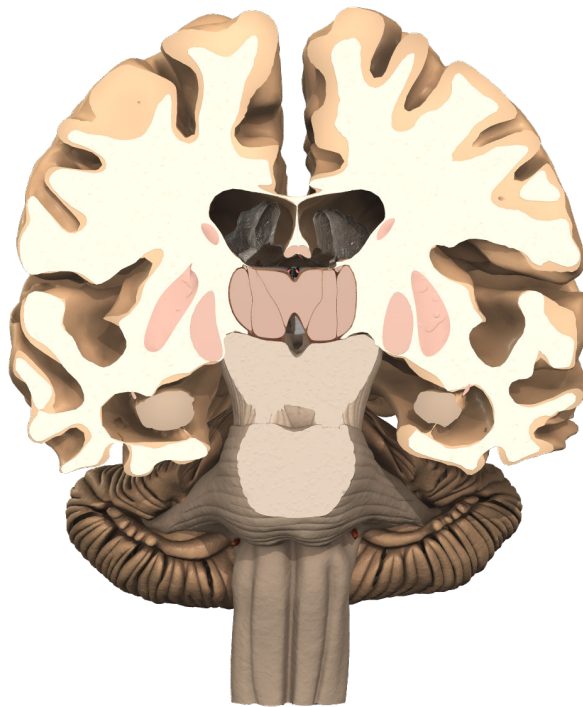


## Patient Education

# Alzheimer's disease

What are the treatments?

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Currently there is no cure for Alzheimer's disease. However, treatments are available, which aim to slow its progression, as well as improve cognition and behavioral disturbances.

## The common treatments include:



AChE inhibitors

Acetylcholinesterase (AChE) inhibitors, such as donepezil, rivastigmine and galantamine, help to improve cognitive skills by preventing the breakdown of acetylcholine. This type of neurotransmitter helps to transmit signals between neurons.



NMDA antagonist

A partial N-Methyl D-aspartate (NMDA) antagonist, called memantine, can help to improve cognitive function in moderate to severe Alzheimer's disease patients. It inhibits overstimulated NMDA receptors, which is caused by synaptic loss and neuronal death.



Cognitive stimulation therapy (CST)

Cognitive stimulation therapy (CST) aims to improve memory and cognitive thinking skills through various group activities and exercises. This helps to stimulate the remaining neurons in the brain, preventing cognitive decline.



Cognitive rehabilitation therapy

Cognitive rehabilitation therapy trains the parts of the brain that are still functional to help less functional areas.

Trained professionals, such as an occupational therapist, work with the patient and their relatives to set and achieve personal goals in everyday tasks.