

How to Avoid or Control Neurological Dis-orders? What Can be Done?

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Abstract

Objective of this article is to create awareness about neurological disorders. Neurodegenerative diseases are of particular relevance as an age-associated disease and have great impact on mortality and quality of life of an individual.

By adopting healthy lifestyle we can make our lives healthier and happier. This involves regular exercise and healthy dietary models which impact on health and plasticity of the nervous system. Exercise and food pattern manages energy metabolism and synaptic plasticity.

Socialization is another important factor for keeping one healthy stimulates mind and help to reduce risk of developing neurological disorder. Such activities also help to reduce stress, which is another prevention step in the right direction, as it maintains your blood pressure.

Stress does affect memory badly. Dementia, particularly Alzheimer disease, is much more common in PTSD sufferers.

Maintaining sleep hygiene helps in removing some of the proteins involved with Alzheimer's disease, and promotes new memories.

For avoiding or controlling cognitive decline, one needs to be active mentally by getting involved in activities where higher mental functioning needed.

Healthy rituals enhance the substrates for neuronal plasticity and function and undermine the risk for neurological disorders.

Keywords: *Neurological Disorders; Neurodegenerative Diseases; Mortality; Quality of Life*

Introduction

Health system has come to a point where we are opening avenues to discover what we can do to avoid, for whom and when. It's time to take an action to avoid or control neurological disorders from occurring.

Improved health care system raised life expectancy, with better health and improving physical and mental health of elderly population. Neurodegenerative diseases include Parkinson's disease and dementias; also stroke is of particular relevance as an age-associated disease and has great impact on mortality and quality of life of an individual.

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Lifestyle and environment factors plays vital role in the physical and mental health of a person, and put forth an influence on the anatomy of numerous current diseases.

Here are some essential important tips we need to apply for making our lives healthier and happier.

In our busy life schedule we do neglects the benefits of doing regular exercises that necessitate more mind-body coordination. Exercise and healthy dietary models have significant impact on health and plasticity of the nervous system. Exercise and food pattern manages energy metabolism and synaptic plasticity.

Socialization is another important factor for keeping one healthy stimulates mind and help to reduce risk of developing neurological disorder. Such activities also help to reduce stress, which is another prevention step in the right direction, as it maintains your blood pressure.

A lack of mental stimulation often causes apathy which can lead to premature death. When someone remains 'withdrawn and unmotivated', he/she can suffer from apathy which leaves them 'indifferent' to everyday life. In elderly population, when we miss "Apathy" (which is different from depression) increases the risk of mortality.

Stress is a universal issue and can affect everyone. Stress can be positive (eustress) when it supports us to accomplish tasks and is motivating force. Stress becomes negative (distress) when it affects our health and everyday lives. Chronic illness, traumatic life events can induce anxiety, sadness, depression and eventually it turns into chronic stress. Stress influence neurological disease progression and affects cardiovascular, immune, and nervous systems. Psychological stress due to personality or environmental factors increases the risk of stroke. Therefore, stress management techniques may be recommended in individuals who can be at risk of stroke, in addition to the high blood pressure- and cholesterol-lowering medications.

Stress does affect memory badly. Dementia, particularly Alzheimer disease, is much more common in PTSD sufferers.

Stressful situations like traumatic life experiences and cortisol levels correlate with seizure activity. As stress increases seizures, therefore, it is important to help patients manage stress as part of managing seizures.

Maintain sleep hygiene as if you don't get high quality sleep at night, you won't be able to think as clearly during the daytime. Good sleep pattern helps in removing some of the proteins involved with Alzheimer's disease and promotes new memories.

For avoiding or controlling cognitive decline, one needs to be active mentally by getting involved in activities where higher mental functioning needed like jigsaw puzzles, cards game, reading books, doing poetry or writing, gardening and or adopting a hobby for stimulating mind.

Practice relaxation techniques: muscle relaxation (start with head or toes and move down or up your body), deep breathing exercises, mindfulness and imagery.

By adopting these healthy rituals one can enhance the substrates for neuronal plasticity and function and undermine the risk for neurological disorders [1-5].

Conclusion

Lifestyle and environment factors plays vital role in the physical and mental health of a person, and put forth an influence on the anatomy of numerous current diseases.

Neurodegenerative diseases include Parkinson's disease and dementias; also stroke is of particular relevance as an age-associated disease and has great impact on mortality and quality of life of an individual.

Practicing exercises, healthy food pattern, quality of sleep, socialization can help avoiding neurological disorders.

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