

Neurological disorders

Neurological disorders are [health conditions](#) involving the nervous system. Neurological disorders are quite diverse, chronic, challenging to treat, and often disabling.

Neurological disorders include:

1. Headache
2. Stupor and coma
3. Dementia/Alzheimers
4. Seizure
5. Sleep disorder
6. Infections
7. Movement disorders
8. Brain injury

They can be caused by many different factors, including (but not limited to):

1. inherited genetic abnormalities,
2. problems in the immune system,
3. injury to the brain or nervous system,
4. diabetes

Major neurological conditions and diseases

[Multiple sclerosis](#) – a non-contagious chronic autoimmune disorder of the central nervous system. Symptoms occur in attacks or slowly progressing. No two people get multiple sclerosis in the exact same way.

Symptoms:

1. Blurred vision
2. Muscle weakness

3. Loss of muscle tone
4. Problems with posture
5. Partial numbness, tingling, buzzing and vibration sensations
6. Urinary urgency and incontinence
7. Short term and long term memory problems

Treatment:

1. Pain medication
2. Steroids
3. Medication to treat depression, anxiety, and sleep disturbances
4. Chemotherapeutic agents

Cerebral palsy - a group of disorders associated with developmental brain injuries that occurs during fetal development, birth, or shortly after birth. It is characterized by a disruption of motor skills.

Symptoms include:

1. spasticity,
2. paralysis, or
3. muscle weakness
4. seizures
5. Mental retardation
6. Speech problems
7. Swallowing problems
8. Visual disturbances
9. Hearing disturbances

Treatment:

There is no cure for cerebral palsy

Medications, physical therapy, occupational therapy, speech therapy, and educational services are available to the patient. But none of these interventions will cure cerebral palsy.

Alzheimer's disease - an irreversible, progressive disorder in which brain cells (neurons) deteriorate, resulting in the gradual loss of mental functions.

Symptoms:

1. Memory loss
2. Impaired judgment

3. Impaired reasoning
4. Decreased movement coordination
5. decreased pattern recognition.

In advanced stages of the disease, all memory and mental functioning may be lost.

The decrease in mental function can lead to the inability to work, to plan and execute familiar tasks, and to reason and exercise judgment.

The ultimate cause or causes of Alzheimer's disease are still unknown, there are several risk factors that increase a person's likelihood of developing the disease.

Treatment:

There is no current cure, but there are medications and treatments available for symptom management. Research is currently being conducted to find a cure for Alzheimer's disease.

Chronic fatigue syndrome - an illness characterized by prolonged, debilitating fatigue.

Associated symptoms:

1. headaches,
2. recurrent sore throats,
3. muscle and joint pains,
4. memory
5. concentration difficulties.

Profound fatigue, the hallmark of the disorder, can come on suddenly or gradually and persists or recurs throughout the period of illness. Unlike the short-term disability of say, the flu, [chronic fatigue syndrome](#) symptoms linger for at least six months and often for years. The cause of chronic fatigue syndrome remains unknown.

Parkinson's disease – progressive degeneration of the nervous system that effects motor function.

Dopamine is a neurotransmitter, or chemical that carries messages to the body. When there is a shortage of dopamine, the messages that regulate movement aren't sent properly.

Symptoms:

1. Tremor

2. Slowed Movements
3. Rigid muscles
4. Impaired posture
5. Speech Changes
6. Writing changes

Treatment:

There is no cure for Parkinson's Disease, but there are medications to help with the symptoms. These medications need to be supervised by a primary care provider.

Carpal tunnel syndrome – inflammation in the wrists that aggravates the tendons, ligaments, and nerves.

Repetitive flexing and extension of the wrist (such as typing) may cause a thickening of the protective sheaths that surround each of the tendons, which narrows the tunnel.

Women are three times more likely to develop CTS than men, and the risk increases with age. People between the ages of 40 and 60 are more commonly affected.

Symptoms:

1. Numbness or pain in your hand, forearm, or wrist that awakens you at night. (Shaking or moving your fingers may ease this numbness and pain.)
2. Occasional tingling, numbness, "pins-and-needles" sensation, or pain. The feeling is similar to your hand "falling asleep."
3. Numbness or pain that gets worse while you are using your hand or wrist, especially when gripping an object with your hand or bending (flexing) your wrist.
4. Occasional aching pain in your forearm between your elbow and wrist.
5. Stiffness in your fingers when you get up in the morning.

Treatment

Treatment options vary from non surgical to surgical interventions

Nonsurgical:

1. Wrist splint
2. Avoiding aggravating factors
3. OTC pain relievers

Surgical:

Carpal Tunnel Release Surgery

Neuropathy -- a disturbance in the function of a nerve or particular group of nerves.

Many people who have had diabetes for a while have nerve damage.

The three major forms of nerve damage are:

1. [peripheral neuropathy](#)—affects the feet and legs
2. autonomic neuropathy
3. mononeuropathy.

Symptoms:

1. Pins and needles in affected parts of the body. Some may describe this as a tingling and prickling sensation
2. A sensation of burning - this starts off on the feet and legs, and then, as the condition progresses, to the hands and arms
3. Sharper, stabbing pains which are more intense at night. They usually start off in the feet and legs, and gradually progress to the hands and arms. Patients may describe them as electric-like pain.
4. Muscle weakness
5. Coordination problems
6. Muscles can become paralyzed
7. Increased susceptibility to foot ulcers and skin infections, plus other problems that affect the feet

Treatment:

1. Antidepressants
2. Medicated creams
3. Other various therapies