

Mind-Body Exercises and Mild Cognitive Impairment: A Short Review on Beneficial Effects

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ABSTRACT

Because of the mind-body link, you can learn to utilise your thoughts to impact some of our bodies' physical responses, lowering stress. Our bodies and minds relax when we recollect a period when we were joyful, thankful, or serene. According to studies, when you imagine an experience, your mental and bodily responses are generally comparable to those you have when the event occurs. If we recollect an upsetting or terrifying encounter, for example, we may notice our hearts racing, sweating, and our palms becoming cold and clammy. It's critical to reduce the harmful impacts of our mind-body connection while maximising the positive, healing aspects, whether we've been diagnosed with a disease or need to prepare for a medical treatment such as surgery.

Keywords: MCI; Mind-body; Exercise

INTRODUCTION

Mild cognitive impairment (MCI) is a stage of memory loss or other cognitive abilities loss (such as language or visual/spatial perception) in people who can still do most of their daily tasks independently. Mild cognitive impairment results in cognitive changes that are noticeable to the person afflicted, as well as family members and friends, but do not limit the individual's ability to carry out daily tasks. MCI affects between 12 and 18 percent of persons over the age of 60 [1]. MCI can develop for a variety of causes, and some people with MCI will go on to acquire dementia, while others will not. If the telltale alterations in the brain are present, MCI can be an early stage in the illness continuum for neurodegenerative disorders such as Alzheimer's.

MCI can recover to normal cognition or remain stable in some people. MCI can wrongly diagnose in various circumstances, such as when a medicine produces cognitive impairment. People who are suffering cognitive changes should seek help as soon as possible for diagnosis and treatment options. Mild cognitive impairment is classified by experts based on the thinking processes that are affected: for example, MCI that predominantly affects memory is known as amnesic MCI [2]. A person may begin to forget crucial information, such as appointments, discussions, or recent events that he or she would normally recall effortlessly. Nonamnesic MCI is a type of MCI that affects thinking skills other than memory, such as the capacity to make good decisions, estimate the time or sequence of steps required to finish a complex activity, or visual perception [3].

Mild cognitive impairment is a clinical diagnosis that represents a doctor's best professional guess as to the cause of a patient's symptoms [4]. Individuals with MCI who have an abnormal brain positron emission tomography (PET) scan or a spinal fluid test for amyloid beta protein, the protein found in amyloid plaques (one of Alzheimer's disease's two hallmarks), are thought to have Alzheimer's disease. The following are the main components of an MCI medical workup:

A thorough medical history, in which the doctor records present symptoms, previous diseases and medical conditions, and any family history of memory loss or dementia. Independent function and everyday activities are assessed, with an emphasis on any deviations from a person's regular level of function. Additional perspectives on how function may have changed from a family member or trusted friend [5]. Brief tests designed to examine memory, planning, judgement, capacity to absorb visual information, and other essential cognitive skills are used to assess mental health. An in-office neurological examination is performed to evaluate nerve and reflex function, as well as mobility, coordination, balance, and senses.

CONCLUSION

Aducanumab is a drug that is used to treat Alzheimer's disease. The medicine was tested in persons with early Alzheimer's disease, which includes people who have mild cognitive impairment (MCI) or mild dementia as a result of Alzheimer's disease and signs of amyloid plaque formation in the brain. Acuranumab treatment may be useful for persons who are at the stage of disease evaluated

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in clinical studies. There are no data on the safety or effectiveness of starting treatment earlier or later in the disease than what was investigated. More research is needed to better understand the biochemical changes related with normal ageing, MCI, Alzheimer's disease, and other dementias, as well as the prognosis for persons who have the illness.

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