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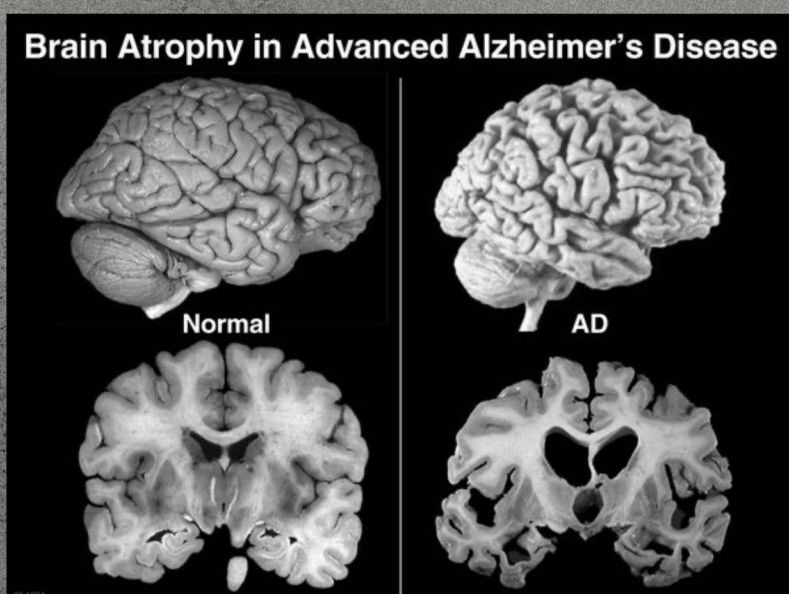
Alzheimer's disease is a progressive neurodegenerative disorder and the most common cause of dementia, meaning it leads to a decline in memory, thinking, and daily functioning severe enough to interfere with everyday life. It primarily affects older adults and is caused by the gradual destruction of brain cells and connections, especially in areas responsible for memory and cognition.

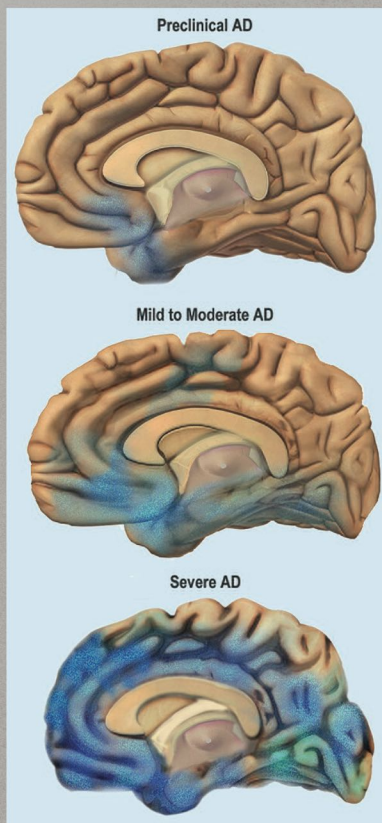
One of the earliest and most recognizable symptoms is memory loss, particularly forgetting recent events or information. As the disease progresses, individuals may experience confusion, difficulty with language, poor judgment, disorientation in time and space, and changes in mood or behavior such as anxiety, irritability, or depression. In advanced stages, people may lose the ability to communicate, recognize loved ones, or control basic bodily functions.

The underlying biological process begins years—even decades—before symptoms appear. Alzheimer's is characterized by the accumulation of amyloid- β plaques outside neurons and tau protein tangles inside neurons. These abnormal protein deposits disrupt communication between brain cells, trigger inflammation, and ultimately lead to widespread neuronal death and brain shrinkage.

The disease develops in stages. It often starts with a preclinical phase (no visible symptoms but ongoing brain changes), followed by mild cognitive impairment, and then progresses to mild, moderate, and severe dementia. Over time, independence declines: people may first need help with complex tasks (like managing finances), then basic daily activities, and eventually require full-time care.

Living with Alzheimer's involves adapting to a gradual loss of cognitive and functional abilities. While there is currently no cure, treatments and supportive care—such as medication, structured routines, and caregiver assistance—can help manage symptoms and maintain quality of life. Many individuals live for several years after diagnosis, often relying increasingly on family members or professional caregivers as the disease advances.





This image shows a comparison between a healthy brain and a brain affected by advanced Alzheimer's disease, highlighting clear structural changes. The Alzheimer's brain appears noticeably smaller due to atrophy, with thinner gyri (the brain's folds) and wider sulci (the grooves between them), while the ventricles in the center are enlarged, indicating significant loss of brain tissue. These differences are caused by the accumulation of abnormal proteins—amyloid-beta plaques outside neurons and tau tangles inside them—which disrupt communication between brain cells and ultimately lead to neuronal death. As more neurons are lost over time, the brain shrinks and its structure deteriorates, producing the visible changes in the image and contributing to symptoms such as memory loss and cognitive decline (Alzheimer's Association, 2023; National Institute on Aging, 2022; Serrano-Pozo et al., 2011).

While there is currently no guaranteed way to prevent Alzheimer's disease, research shows that certain lifestyle choices can significantly reduce risk and delay its onset. Maintaining regular physical activity, a balanced diet such as the Mediterranean diet, and good cardiovascular health (controlling blood pressure, cholesterol, and diabetes) all support brain function. Keeping the mind active through learning, reading, or problem-solving, along with staying socially engaged, has also been linked to a lower risk of cognitive decline. Avoiding smoking, limiting alcohol consumption, and getting adequate sleep are additional protective factors. These strategies are supported by organizations such as the Alzheimer's Association and the National Institute on Aging, which emphasize that what benefits the heart often benefits the brain.

Equally important is how society treats people living with Alzheimer's disease. Individuals with this condition should be approached with patience, respect, and empathy, as they often experience confusion, memory loss, and emotional distress. Caregivers and others should use clear, simple communication, maintain familiar routines, and create a safe, supportive environment. It is essential to preserve the person's dignity and sense of identity, involving them in decisions as much as possible and avoiding dismissive or infantilizing behavior. Emotional support, reassurance, and understanding can greatly improve their quality of life, reminding us that although cognitive abilities may decline, the need for compassion and human connection remains unchanged.

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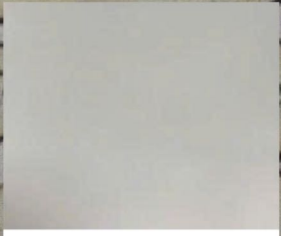
confusion

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(Splendid)



I - CHARADE SHINE
(White 5)



S-BLACK 12



I-BROWN 9



S-BLUE 2



S-GREEN 5



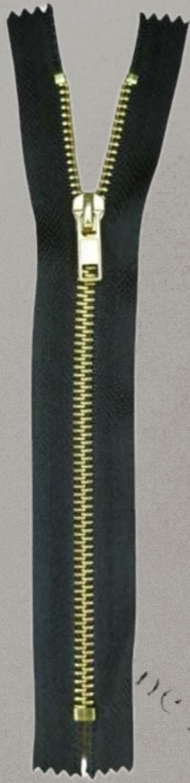
S-BLUE 4



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textile



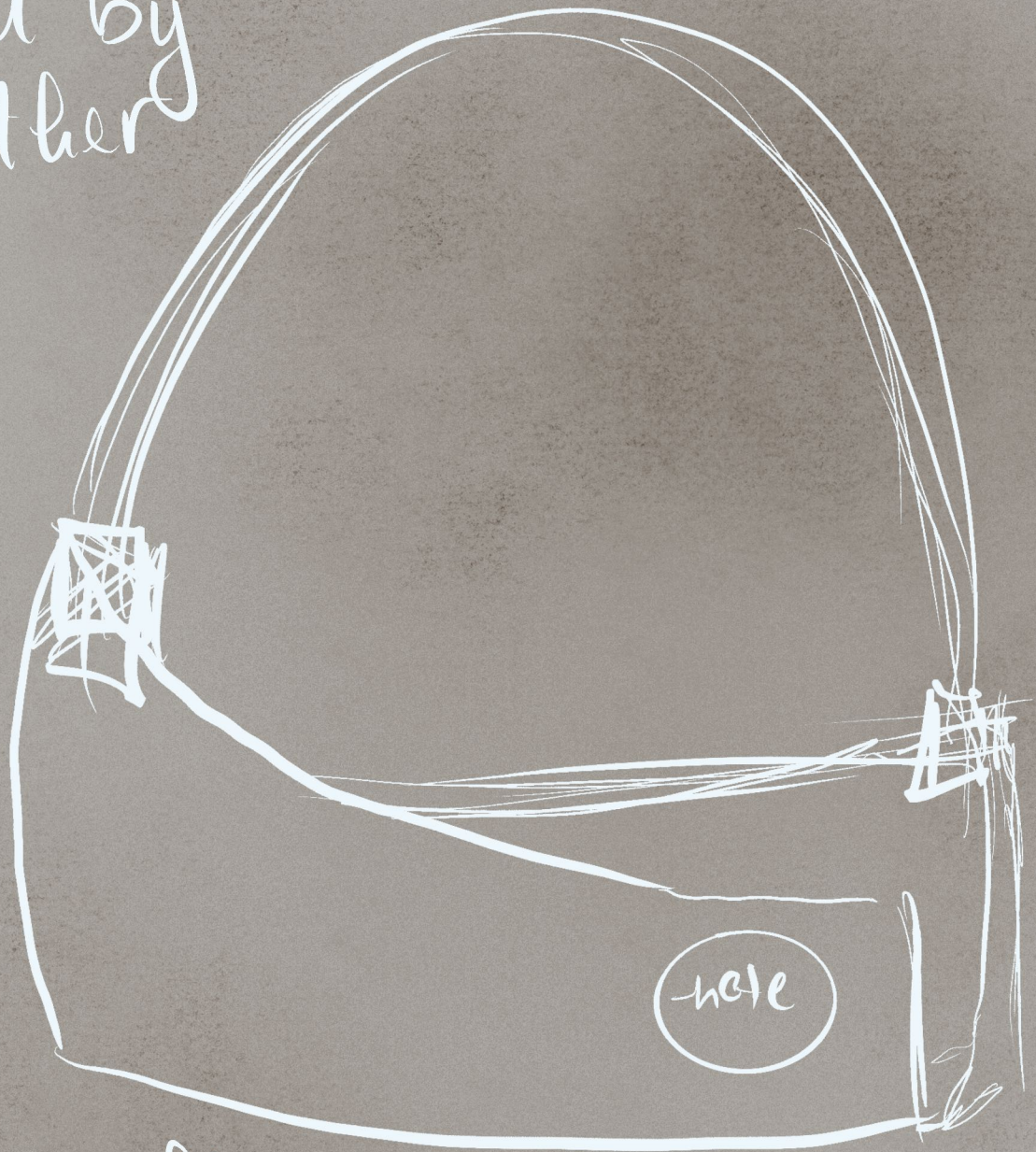


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sketch #1

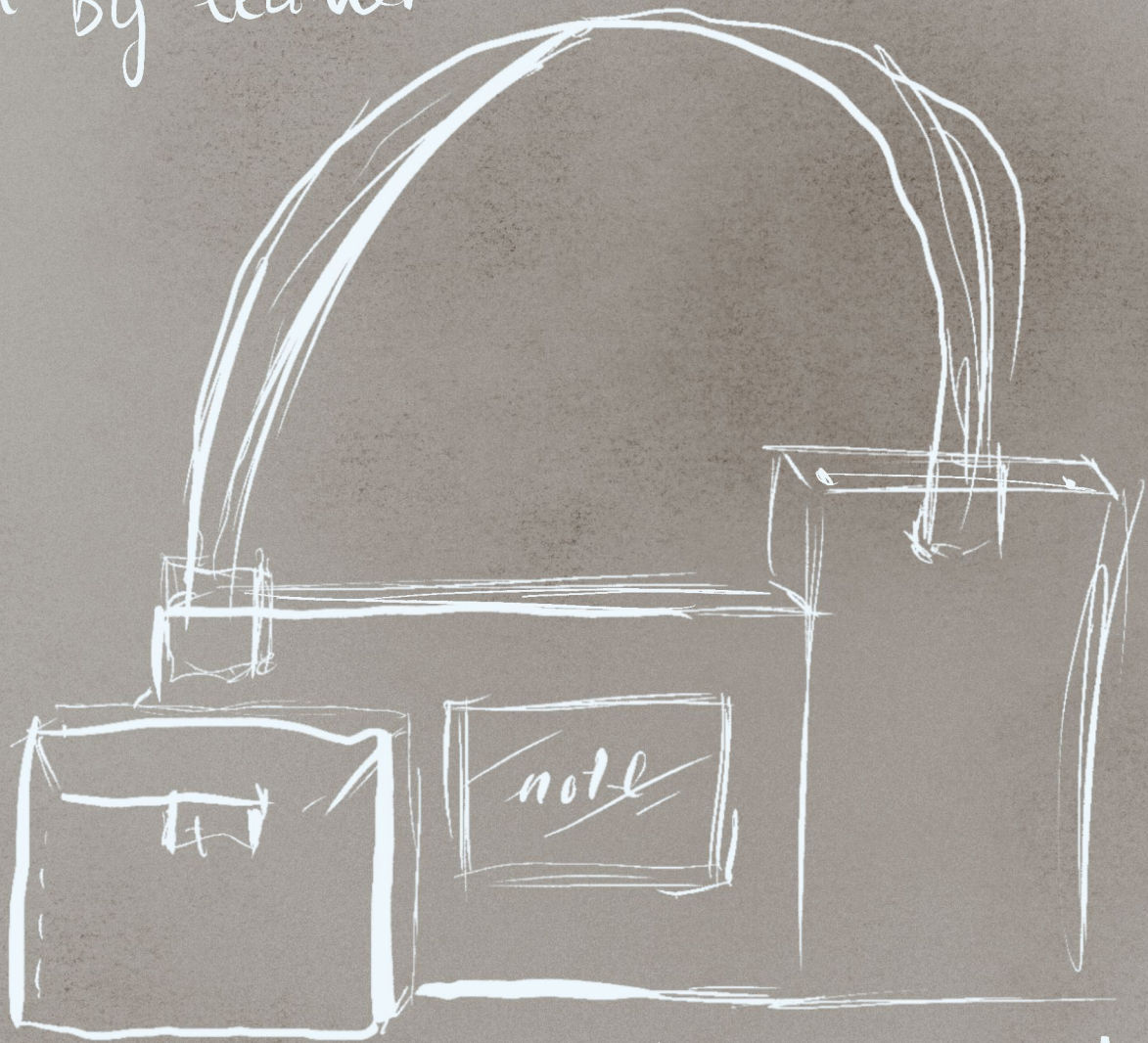
* all by
leather



the flow of trying to analyze
everything and the unfamiliar
with things used to familiar
note is a customized piece you can
change by a cut-out piece

sketch #2

* all by leather



Showing the imbalance and
how the "stories" - which is blocks
here try to connect

note is where you can put
your reminder by a mini cut-out