



# Normal Pressure Hydrocephalus (NPH): A Comprehensive Review of Symptoms, Causes and Reversibility

Zhiyu Zhu\*

## Abstract

**Keywords:** Normal Pressure Hydrocephalus (NPH), symptoms, causes, reversibility, dementia, gait disorder, urinary incontinence, cognitive decline.

### Introduction

Normal Pressure Hydrocephalus (NPH) is a neurological condition characterized by an accumulation of cerebrospinal fluid (CSF) in the ventricles of the brain, leading to an increase in intracranial pressure. This condition is often associated with a triad of symptoms: gait disorder, urinary incontinence, and cognitive decline. The pathogenesis of NPH is complex, involving factors such as impaired CSF absorption, overproduction, or obstruction of the CSF pathways. The condition is reversible in many cases, and treatment options include surgical shunt placement and medical management.

### Epidemiology:

NPH is a relatively rare condition, with a prevalence of approximately 60% in individuals aged 60 and older. The condition is more common in men than in women. The incidence of NPH increases with age, and it is often diagnosed in individuals who have previously been treated for dementia. The condition is reversible in approximately 5-10% of cases, and the prognosis is generally poor if left untreated.

