



Understanding Normal Pressure Hydrocephalus (NPH): Causes, Symptoms, Diagnosis, and Treatment

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Introduction

Normal Pressure Hydrocephalus (NPH) is a neurological disorder characterized by an abnormal accumulation of cerebrospinal fluid (CSF) in the brain’s ventricles, leading to an increase in intracranial pressure [1]. Unlike other forms of hydrocephalus, NPH occurs when the pressure within the brain remains within the normal range.

is condition predominantly affects older adults, often presenting a challenging diagnosis due to its overlapping symptoms with other neurological disorders. Normal Pressure Hydrocephalus (NPH) is a neurological disorder characterized by the abnormal accumulation of cerebrospinal fluid (CSF) in the brain’s ventricles, leading to a distinctive triad of symptoms: gait disturbance, urinary incontinence, and cognitive impairment [2]. Despite its prevalence, NPH often remains underdiagnosed and misinterpreted due to its similarities with other neurodegenerative conditions, such as Parkinson’s disease

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However, the insidious onset and the overlap of these symptoms with those of other neurodegenerative disorders often lead to delayed or misdiagnosis, contributing to the substantial morbidity associated with this condition [7]. The etiology of NPH remains elusive, further complicating the understanding of its pathophysiology. Theories involve disturbances in CSF dynamics, impaired absorption, or overproduction of CSF. Recent advances in neuroimaging techniques, such as magnetic resonance imaging (MRI) and cerebrospinal fluid biomarkers have provided valuable insights into the structural and biochemical changes associated with NPH [8]. Early identification and intervention are crucial for improving patient outcomes, making it imperative to heighten awareness among healthcare professionals regarding the nuanced presentation of NPH.

This comprehensive exploration delves into the intricacies of Normal Pressure Hydrocephalus, unraveling its clinical features, diagnostic challenges, and current management strategies [9]. By shedding light on the complexities surrounding NPH, this discussion aims to foster a deeper understanding among healthcare providers, researchers, and the general public alike [10].

Causes of normal pressure hydrocephalus

The exact cause of Normal Pressure Hydrocephalus remains unclear, but several factors have been associated with its development. These include:

Idiopathic: In many cases, NPH is considered idiopathic, meaning the cause is unknown.

It may result from a combination of genetic and environmental factors.

Secondary causes: Certain medical conditions such as subarachnoid hemorrhage, meningitis, or head trauma can lead to NPH.

Tumors and cysts within the brain can obstruct the normal flow of cerebrospinal fluid.

Symptoms of normal pressure hydrocephalus: NPH presents with a triad of symptoms, commonly referred to as Hakim's triad. These symptoms include:

Gait disturbances:

