



Dementia in Eastern Nations: A Perspective

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Perspective

Alzheimer's disease (AD) is a progressive neurodegenerative disorder characterized by memory loss and cognitive decline [1]. The prevalence of AD is increasing globally, particularly in developed nations, due to the aging population and lifestyle changes [2]. However, the burden of dementia in Eastern Nations, such as India, China, and Japan, is also rising significantly, posing a major public health challenge [3].

The pathogenesis of dementia in Eastern Nations is complex, involving a combination of genetic, environmental, and lifestyle factors. Genetic predisposition, such as the presence of the APOE ε4 allele, is a well-established risk factor for AD [4]. In addition, environmental factors like air pollution, diet, and physical inactivity are increasingly recognized as contributors to cognitive decline [5].

Notably, the cultural and social context of Eastern Nations may influence the clinical presentation and progression of dementia. For example, the concept of 'familial dementia' is prevalent in some cultures, where cognitive decline is often attributed to family history or environmental factors rather than a specific genetic mutation [6].

Early diagnosis and intervention are crucial for managing dementia. However, in Eastern Nations, there is often a delay in seeking medical help due to cultural beliefs and lack of awareness [7]. Therefore, a multi-pronged approach involving genetic testing, lifestyle modifications, and early clinical intervention is essential to reduce the burden of dementia in these regions.

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