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A Closer Look at The Top 3 Ailments You Do not Want to Have

The life-style we have, the type of food we eat, and our genetic makeup all contribute to what we are and what we turn into. It also influences what ailment we might get as we age and grow older. Here are three of the worst diseases any individual can have. These illnesses are not rare, and have caused much discomfort and disability not just on the person with the ailment, but on the people who care about them. These illnesses don't have a remedy as well, which makes it a permanent burden to individuals that are affected. Hopefully, somebody would be able to find out a cure for these illnesses to alleviate the agony and suffering of all those who are affected.

Alzheimer's disease

Alzheimer's disease is a situation wherein someone's brain cells slowly die on their own. The main impact of the ailment is on someone's memory. It can start from smaller factors, just like misplacing house keys or utility bills. But as the sickness progresses, the condition gets a lot worse. The affected person will never be able to recognize their own family, at times mistaking a daughter for a neighbor or an old friend.

The sickness takes away not just memories, but also every thing that is stored in the brain. As the sickness worsens, the affected may not even be able to perform tasks which they are familiar with. They might end up like a kid with no memory of their achievements and accomplishments in life. It's definitely painful for the relatives to find out that their loved one does not know them anymore and can't recall what he's accomplished with his life.

Parkinson's disease

Parkinson's disease is a different situation that any individual will not want to have. The nerves that influence motor movements are affected and become malfunctioned. The symptoms may perhaps start with minor hand shaking or may trigger the whole body to shake uncontrollably. An individual suffering from this sickness will find it hard to even hold a pen or drive safely. The moment the sickness becomes more advanced, the disturbed person will not likely be able to try and do anything for himself and will constantly depend on somebody else to take care of him.

The ironic part is that the mental abilities of someone being affected by this sickness are intact. Hence, it is a struggle for someone to see himself helpless and not be capable to take care or safeguard himself. Nonetheless, you will find trainings and therapies that aim to make life easier for both the individual with the disease and the person who normally takes care of him.

Arthritis

Arthritis is one more disease that could cause much suffering and disability. Even though it isn't fatal, it causes much discomfort that it'll definitely influence anyone's every day routine. Historically, only elderly patients suffer from Arthritis. But due on the kind of life-style along with the food we eat, even younger generations are already affected by this sickness these days.

Arthritis literally means inflammation on the joints. What happens is that there is a reduction on fluids that trigger our joints being loose, therefore causing friction and at some point inflammation. After this happens, there is going to be a difficulty in writing, holding onto things, and even walking. You'll find several types of Arthritis based on the particular joints affected. Some examples are osteoarthritis and rheumatoid arthritis.

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