The Guide to Neurological Diseases & Prevention

Neurological diseases are disorders that affect the central nervous system (brain and spinal cord) and the peripheral nervous system (nerves throughout the body). According to the World Health Organization (WHO), these conditions are a major cause of disability and mortality worldwide.

Common Neurological Diseases

- Stroke
- Alzheimer's Disease & Dementia
- Parkinson's Disease
- Epilepsy
- Multiple Sclerosis (MS)
- Brain Tumors
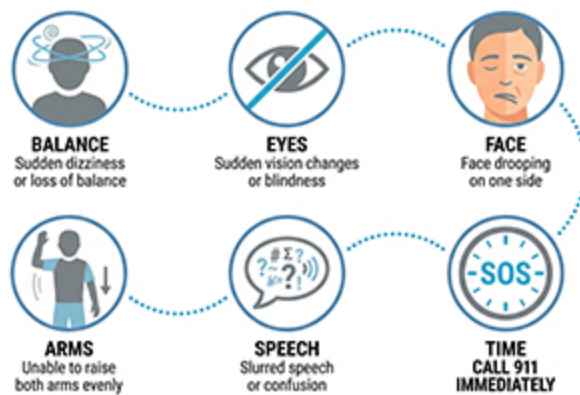- Migraine & Headache Disorders
- Neuropathy

Major Causes of Neurological Diseases

- Genetic factors
- Vascular problems
- Infections
- Autoimmune disorders
- Degenerative diseases
- Trauma and head injuries
- Tumors
- Hormonal imbalances

Seek Immediate Medical Attention If You Experience:

- Stroke symptoms (Act F.A.S.T.)
- Memory loss or cognitive changes
- Movement difficulties or tremors
- Sensory issues (vision, hearing, numbness)
- Seizures
- Severe or sudden headache

WARNING SIGNS OF STROKE
B.E.F.A.S.T.

BALANCE Sudden dizziness or loss of balance

EYES Sudden vision changes or blindness

FACE Face drooping on one side

ARMS Unable to raise both arms evenly

SPEECH Slurred speech or confusion

TIME CALL 911 IMMEDIATELY -SOS-

Prevention Strategies for Brain Health

- Protect cardiovascular health
- Follow a brain-healthy diet
- Engage in regular physical activity
- Keep your mind active with mental stimulation
- Protect your head from injuries
- Avoid harmful substances (tobacco, excessive alcohol)
- Ensure quality sleep
- Manage stress effectively
- Maintain hormonal balance
- Go for regular health screenings

Awareness of neurological diseases helps in early detection and timely treatment. While not all neurological conditions can be prevented, healthy lifestyle choices play a crucial role in reducing risk and improving quality of life.Invest in your brain health today—your future depends on it.