



Description of Brain Disorders

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When your brain is injured, it can impair many aspects of your life, including your memories, sensations, and even your personality. Any ailment or disability that affects your brain is classified as a brain disorder. This covers ailments brought on by: sickness. The National Institute of Neurological Illnesses and Stroke has a list of over 400 neurological disorders. The term "brain fog" does not refer to a medical condition. It's a catch-all word for a variety of symptoms that can impair your capacity to think. You may be perplexed or unorganised, and you may find it difficult to concentrate or put your thoughts into words. Symptoms of functional neurologic diseases might arise rapidly after a traumatic event, such as an emotional or physical trauma. Changes or disruptions in how the system works could be another trigger. Your brain and nerves degenerate over time as a result of neurodegenerative illnesses. They have the potential to alter your personality and cause confusion. They can also damage the cells and nerves in your brain. Alzheimer's disease, for example, is a type of brain disease that can develop as you become older. Creutzfeldt-Jakob disease (CJD) is an extremely rare degenerative brain illness (also known as spongiform encephalopathy). "Not only are persons with some of the major neurologic illnesses more likely to acquire depression, but a history of depression has been linked to an increased risk of acquiring several neurologic illnesses, including epilepsy, migraine, stroke, Parkinson's disease, and dementia," Dr. Kanner explained.

Anxiety, panic attacks, and sadness are all psychological issues. Biochemical imbalances, past events, and stress can all contribute to them. These aren't neurological disorders. Nerve problems and psychological issues, on the other hand, can have identical symptoms. Problems with the brain and nerve system are very prevalent. Multiple sclerosis, Alzheimer's disease, Parkinson's disease, epilepsy, and stroke are examples of neurological illnesses that can damage memory and capacity to learn. Stress can damage brain cells and possibly shrink the brain's size. The prefrontal cortex, which is important for memory and learning, shrinks as a result of chronic stress. The connections between the amygdala and the prefrontal cortex are weakened by anxiety (PFC). The prefrontal cortex should kick in and help you come up with a rational, reasonable decision when the amygdala warns the brain to danger. Genetic disorders, congenital anomalies or diseases, infections, lifestyle or environmental health problems such as malnutrition, and brain injury, spinal cord injury, or nerve injury are some of the causes of neurological issues. Weakness is defined as a decrease of muscle strength; nevertheless, many patients use the term when they are exhausted or have functional limits (e.g., due to pain or limited joint motion) despite having normal muscle strength. Weakness can affect a single muscle or a group of muscles, and it can occur suddenly or gradually. The feeling of a heavy head can be caused by a variety of factors. These might range from minor issues such as a headache or sinus infection to more significant issues such as a concussion or a brain tumour.

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