

# [Lewy body dementia: symptoms and treatment](https://assignbuster.com/lewy-body-dementia-symptoms-and-treatment/)

## Introduction

According to theWorld Health Organization, being healthy is being in a good physical, mental, and social well-being and not just the absence of an infection. This definitionmeans that it does not call for any disparity in the wellness of an individual. Concerning health, a person can be considered as either having a high level ofwellness or being having poor health and imminent death. This definition doesnot put into consideration aspects of disability a chronic illness. For thispaper, the main area of focus is the mental health in which one mental healthcondition will be identified, and the discussed on the mental health therapy, and then the application of the mental health therapy to a selected celebritywho for this case is Robin Williams (Segal, 2017).

Mental health should not only focus on how to improvepsychological disorders, but it should also focus on subjective well-being, competence, autonomy, as well as the issues to do with the realization of one’spotential. All this should revolve around physiotherapy. Mental health is verycrucial, and we should not only look at how to encounter it, but we should alsoseek to create an awareness to the society about the effects of psychologicaldisorders to an individual, to families, and to the society as a whole. At anindividual level, person who is suffering from any psychological disorder areat the risk of experiencing a decline in the quality of life, face someeducation related difficulties, experience some social problems, have a drop intheir levels of productivity, be vulnerable to abuse and other health relatedproblems (Segal, 2017). At the family level, a mentally ill person will requirehis or her close relatives to care for him/her. This will, therefore, subjectthem to a lot of burdens which in the long run might lead to some financialconstraints. At the same time, the family members might be unable to work totheir fullest capacity meaning that there will be a decline in production. Additionally, the family members may also suffer from chronic stress due tosome psychological and physical challenges. Mental health does not affectindividuals and their families only, but it also affects the society in variousways. For instance, this can influence the economic status of a country. This happensbecause these psychological disorders increase pressure on the economy of acountry due to the burden it lays due to the need to have some medical andphysiotherapy interventions. Also, the society suffers socially because, atcertain instances, the psychologically ill individual may be at times show somedangerous behavior and violence. Therefore, this calls for local, national andinternational communities to come up with programs which will seek to prevent, control and alleviate this problem from the society (David, 2013).

## Description of the Mental Health Issue

### Overview of Lewy Body Dementia

This paper will look at Lewy Body Dementia which is amental condition which affected Robin Williams. The name Lewy Body Dementia(LBD) can be at times used interchangeably with Dementia with Lewy Bodies(DLB). Studies show that Lewy Body Dementia was named with respect to a doctorwho was the first person to identify the condition. According to him, thiscondition is a state which occurs as a result of deposits of proteins in thenervous system. One of the weaknesses of the research is that the study did notgive a clear description of the relationship between the protein deposits andthe brain. But according to the study, the proteins affect the functioning ofthe nerves which serve as the messenger in our body system. Once these proteinsare deposited in the nerve cells, they lead to the death of some of the nervecells meaning that some brain tissues will, in the long run, be lost. The deathand loss of these nerve cells lead to dementia (Segal, 2017).

Several mentalconditions are affecting the brain and the nervous system whose cause is theLewy bodies. Some of these diseases are LBD and the Parkinson’s disease. Research has shown that Dementia Lewy Bodies share signs and symptoms with twodiseases which are Alzheimer’s disease and Parkinson’s disease. All of theseconditions are sometimes referred to as Lewy body disorders, and theirdifference is mainly in how each of the conditions starts. As time goes on, thesymptoms of this conditions get worse. The signs and effects of the Lewy Bodiesdepend partially on their location in the brain. For instance, the Lewy bodieslocated at the base of the brain are understood to be the cause of problemsrelated to movement. Motor symptoms are the major signs affiliated to theParkinson disease. The Lewy bodies at the outer parts of the brain, on theother hand, have been connected to the complications of mental capacities whichare referred to as the cognitive symptoms. These are the attributes of LBD(Lewy Body Dementia). The above condition can at times occur at the same time. Studies have shown that, in most of the cases, an individual associated withParkinson will in the long end have dementia (Segal, 2017).

Lewy BodyDementia contributes to approximately 4% of the cases which have been recordedpertaining dementia. Although this might be the case, there are also signs thatthis condition has been understudies and it is, therefore, essential to come upwith a mechanism which will ensure that better statistics are recorded. At thesame time, of the cases of the death of brain tissues which have beenestablished, only 10% of the cases of dementia are associated with DLB. Lookingat the gender which is preferred by the condition, it can be stated that thisdisease is not sided to one gender since it affects the two sexes almostequally. Although gender might not influence the occurrence of this disease inthe society, age is said to be one of the predisposing factors of thiscondition since studies have shown that the condition is more on individual whois more than 65 years although there are certain cases of DLB affectingindividual who are less than 65 years of age. Apart from age which may act as arisk factor for this disease, other predisposing factors are the lifestyle, medical condition, and environmental factors. It is interesting that the casesof DLB which have been studied have shown no relationship between familyhistory and the condition (David, 2013).

### Symptoms of Lewy Body Dementia

Although people are different, most of the people suffering from thiscondition have symptomsof Alzheimer’s disease as well as symptoms of Parkinson’s disease. Additionally, these people will also have some signs and symptoms which are associated exclusively with LBD.

An individualsuffering from DBL will have problems with attention as well as alertness. These two signs vary from one person to another. This fluctuation may changeconcerning hours or minutes. Additionally, the problem of hallucinations maycome in hand with this condition since one may find it hard when judgingphysical distances as well as the perceived objects. Hallucinations interferewith one ability to remain organized hence meddling planning and theorganization of an individual. At the same time, there will be traces ofdepression and stress to the individual suffering from this problem. Memorylapse is also another symptom of this condition, and this is evident mainly inthe early stages (Segal, 2017).

People sufferingfrom this disease will in several occasions see things which in the real worlddo not exist. This is to mean that these people will at times see things whichare not there. This affects mostly individuals suffering from DBL, and itcauses a lot of stress. At the same time, we also have cases of auditoryhallucinations in which one will tend to hear things which are not there. Thishappens although it is not a common symptom of this condition. These twoaspects have been used in explaining which individuals suffering from thisdisorders will at times think and say things which are wrong or don’t evenexist. This issue does not only affect the affected individual, but also therelatives living with him or her. This is stressing and may even lead tosuicide as it was the case with Robin Williams (Segal, 2017).

As stated earlier, we have some movement problemsassociated with this condition. Such symptoms are an indication that anindividual has Parkinson’s disease. Some of these problems which are affiliatedto movement include slowness in movement, inflexibility in movement as well asblank facial expressions. At the same time, one may have problems when it comesto balancing whenever one is walking. Trembling is also an aspect which isrelated to LBD. These are the reasons why you find that a person suffering fromthis condition will fall severally. Additionally, these people will fall andfaint or lose their consciousness for some few minutes (David, 2013).

Sleep disorder is moreover another probleminterrelated with this condition. At times, LBD will force one to fall asleepquickly although this will be characterized by restlessness and restlessnights. During the night, this person will suffer from hallucinations, confusions, disorganization, very violent movements as well as incubuses(Shedler, 2014). This sleep pattern displayed by these individuals is known asrapid eye movement sleep behavior disorder. For persons who sleep in one bed ormarried couples, this problem is stressing and is at times harmful.

## Diagnosis of Lewy Body Dementia

This is a very crucial stage since one should do it accurately so that you may not end up treating the wrong thing. If LBD is alleged, one must get the proper diagnosis since this is a very sensitive condition which if prescribed wrong, it can be very reactive and if prescribed in the best way, one will have benefits. LBD is hard to diagnose and it, therefore, calls for a person who is very experienced to do the diagnosis. There are several cases where an individual suffering from LBD has been diagnosed as having Alzheimer’s disease. During the diagnosis, the psychiatric specialist is expected to talk to the person suffering from the condition as well as another person who is close to the patient. This will help in ensuring that an accurate history is taken as far as the condition is concerned. Part of the medical history may include when the symptoms were first seen, as well as the effects of the condition not only to the person but to the family too. At times, one can carry some mental ability test although this might be contradicting since there are complications associated with visual abilities and the spatial abilities too. Additionally, during the diagnosis, the brain scan is important since it helps in differentiating LBD from vascular dementia (David, 2013).

### Mental health therapy description of Lewy Body Dementia

Mental health therapy will involve all the mechanismswhich will help in maintaining and improving mental state of a person sufferingfrom Lewy Body Dementia. Physiotherapy involves the use of medication to easethe condition as well as non-medical treatments. Prescription for Lewy BodyDementia varies from one person to another because different people reactdifferently to different kinds of medications. For instance, in the treatmentof cognitive symptoms of Lewy Body Dementia, one doctor may decide to usedonepezil and rivastigmine (David, 2013). At the same time, rigidity in anindividual can be treated using Levodopa. On the other hand, sleep disorderscan be treated using melatonin or clonazepam. We also have the non-medical modeof treatment. Some of these strategies may include the physical therapy, thespeech therapy, occupational therapy, and the individual and familypsychotherapy. All the above strategies will help in reducing stress to notonly the affected, but also the entire family. Additionally, this helps ineducating the affected so that he or she can have enough information concerningLewy Body Dementia. This is also a way through which depression and otherrelated aspects can be treated (Society, 2015).

### Application of the above Mental Therapy to Robin Williams

Since Robin Williams was diagnosed with Lewy BodyDementia and his condition was characterized chronic depression, and somehallucination, the mental therapy described above would have helped him. As faras the physical therapy is concerned, it would be very important if a routinewas created which would involve physical activities which will aid instrengthening him and enhance his stability and flexibility (David, 2013). Thismay involve some physical fitness programs. Since he was very depressed, individual and family psychotherapy is very important for this case. This wouldhelp him in enabling him to have some mechanisms which he could use to manageboth his emotional and behavioral symptoms. Concerning the same, walking withRobin Williams would be essentially important since it will give him theopportunity to be outdoor and carry out some physical exercises which will helphis state of mind. Medication is also important, and for this case, melatoninor clonazepam would have helped him in regulating the sleeping disorder. Similarly, cholinesterase inhibitors such as donepezil would have reducedstress and hallucinations (David, 2013).

## Conclusion

In conclusion, mental disorders and specifically LBD have several harmful effects on anindividual, the family, and the society at large. In the paper, most of theharmful effects of LBD and other related mental disorders have been discussed. This has helped in creating awareness to the society on why it would beimportant to control and manage these mental conditions not only LBD. Ifmanagement of the condition had been employed on Robin Williams, he would nothave suffered to the extent of committing suicide (Shedler, 2014). In themanagement of mental disorders, it is also advisable to first try the non-drugapproaches before you go for medication because some drugs may have someharmful effects.

## References

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