養和精神健康門診
HKSH Mental Health Clinic

Neurocognitive Disorders

Memory declines with age. Our minds may not process information as quickly as it used to. However, if these changes begin to affect daily life and continue to worsen, it can be a sign of neurocognitive disorders.

Common Symptoms

Neurocognitive disorders are not a single disease; they refer to a collection of various conditions with similar symptoms. While they primarily affect the elderly, cognitive impairment can also occur in younger individuals. Patients may experience a gradual decline in memory, comprehension, language skills, calculation abilities, and the capacity to plan and execute tasks, making it difficult to manage everyday life. In addition to cognitive decline, patients often exhibit behavioural, emotional, and other psychiatric symptoms, such as irritability, depression, restlessness, disrupted sleep patterns, changes in eating habits, or even violent behaviour.

Causes

Causes include aging, genetics, brain degeneration, and cerebrovascular diseases.

Treatment

Non-drug treatments, such as cognitive training and participation in day care centre activities, can be beneficial. Medication is divided into two categories: one targets cognitive abilities, while the other addresses behavioural, emotional, and psychiatric symptoms. In recent years, new medications targeting the pathological changes of Alzheimer's disease—the most common form of neurocognitive disorders — have been developed to effectively slow down disease progression.

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Patient feedback is incorporated

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