

JOINT EVENT

9th International Conference on **Emerging Infectious Diseases**

&

6th World Congress on**Control and Prevention of HIV/AIDS, STDs & STIs**

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Polluted water increases the risk of dementia**Fiaz Ahmad**

Hahnemann College of Homeopathy, UK

Dementia is a syndrome of cognitive and functional decline, commonly occurring in later life as a result of neurodegenerative and cerebrovascular processes earlier in the life course. It has been suggested that approximately seven potentially modifiable risk factors like diabetes, midlife hypertension and obesity, smoking, depression, cognitive inactivity and low educational attainment. Environmental risk factors may also be important in the pathogenesis of dementia. Polluted water may also increase the risk of dementia especially aluminum in drinking water. The oxygen ratio in polluted water is less than the pure water. Since, oxygen is the vital need of all body cells to be functionally active, deprivation of oxygen leads to damage of brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected. Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. Dementia can be prevented by reducing the cardiovascular risk factors by physical exercise and diet. Drinking of pure water also decrease the rate of dementia. Since, it contains rich oxygen that nourishes the brain cells and enhances the communication, which automatically improves cognitive functions. Pollution free water can decrease the risk of dementia while polluted water can increase the rate.

Biography

Fiaz Ahmad is a Skin Disease Specialist in Hahnemann College of Homeopathy. He completed his Advanced Diploma in Homeopathy, UK and DHMS registered with National Council for Homeopathy Islamabad, Pakistan. He received his Post Graduate Diploma degrees in Homeopathy from Hahnemann College of Homeopathy, UK; Healthcare Management from Global Education and Training System, UK and; Marketing Management from The Association of Business Executive, UK. He is a Pharmacy Assistant in NCFE, UK. He is also registered with British Council for Complementary Therapies; UK. He has expertise in evaluation and passion in improving the health and social. He writes articles in healthcare and social for both national and international newspapers. He tries to find the reason behind the different disease conditions and treat through the medicinal plants. This approach is responsive to all categories of people in society and has a different way of improving mental and social life of people.

drahmadfiaz786@gmail.com

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