



## Neurodegeneration: Understanding the Mechanisms and Implications

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### DESCRIPTION

Neurodegeneration refers to the progressive degeneration or death of nerve cells neurons in the brain and central nervous system. At its core, neurodegeneration is a cellular process involving the malfunction and death of neurons. Although the exact causes can vary between diseases, several key mechanisms contribute to neurodegeneration across different disorders. Neurons are particularly vulnerable to oxidative damage due to their high metabolic activity. While inflammation is a protective mechanism in the early stages of injury, prolonged activation can worsen the damage and contribute to the progression of neurodegenerative diseases. Excitotoxicity occurs when neurons are overstimulated by excitatory neurotransmitters, such as glutamate. This overstimulation leads to excessive calcium influx into neurons, triggering a cascade of events that result in cellular damage and death. In neurodegenerative diseases like excitotoxicity is thought to play a major role in neuronal degeneration. Mitochondria are the energy powerhouses of cells, and their dysfunction is closely linked to neurodegeneration. Mitochondrial mutations have been identified in several neurodegenerative disorders. Neurodegeneration manifests in different ways depending on the region of the brain or spinal cord affected and the type of cells involved. Below are some of the most common neurodegenerative diseases. It is caused by the loss of dopaminergic neurons in the substantia nigra brain region that regulates movement. The accumulation of alpha synuclein protein. Huntington disease is a hereditary disorder caused by mutations in the gene, leading to the production of an abnormal huntingtin protein. Abnormal protein aggregation in motor neurons is observed. Frontotemporal dementia encompasses a group of disorders caused by the progressive degeneration of the frontal and temporal lobes of the brain. It is associated with the accumulation of tau. In some neurodegenerative diseases, genetic mutations play a direct role. susceptibility and environmental influences. Age is the most significant

risk factor for most neurodegenerative diseases. The risk of developing diseases. Traumatic brain injury has also been associated with a higher risk of developing neurodegenerative conditions, including chronic traumatic encephalopathy. Factors like diet, exercise, and social engagement can influence the risk of neurodegenerative diseases. There are no cures for neurodegenerative diseases, and treatment options are primarily aimed at alleviating symptoms and slowing disease progression. In medications such as cholinesterase inhibitors and glutamate regulators are used to manage cognitive symptoms. These treatments provide only temporary relief and do not halt or reverse the progression of the diseases. There is a significant need for effective disease modifying therapies that target the underlying mechanisms of neurodegeneration. Targeting genetic mutations at the molecular level to correct underlying causes of disease. Antibodies or other immune based treatments to clear misfolded proteins or modulate inflammation in the brain. Investigating the use of stem cells to replace damaged neurons or support tissue regeneration. Neurodegeneration is a complex and multifactorial process that is central to a wide range of debilitating diseases. Despite significant advances in understanding the mechanisms behind neurodegeneration, much remains to be discovered about how to effectively prevent or treat these conditions. The hope is to develop therapies that can not only alleviate symptoms but also slow or halt the progression of neurodegenerative diseases, offering a better quality of life for millions of individuals affected by these disorders. The fight against neurodegeneration remains one of the most important challenges in modern medicine.

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### CONFLICT OF INTEREST

The authors declare no conflict of interest.

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