Cerebral Palsy (Cerebral Palsy)

What is Cerebral Palsy (Cerebral Palsy)?

Cerebral Palsy (Cerebral Palsy) is a neurological disorder that affects movement and muscular control. It is caused by damage to the brain that occurs before or during birth, often due to complications during pregnancy, delivery, or a premature birth. The damage can result in stiffness, weakness, and loss of muscle control, which can affect a person's ability to walk, talk, and perform daily activities.

Types of Cerebral Palsy (Cerebral Palsy):

1. Spastic Cerebral Palsy:
   - This is the most common type, affecting about 70% of people with Cerebral Palsy (Cerebral Palsy). It causes muscle stiffness and spasticity, making movements more difficult or painful.

2. Athetoid (Dyskinetic) Cerebral Palsy:
   - This type affects about 10% of people with Cerebral Palsy (Cerebral Palsy). It causes uncontrolled, jerky movements, often affecting the face and hands.

3. Ataxic Cerebral Palsy:
   - This type affects about 10% of people with Cerebral Palsy (Cerebral Palsy). It causes difficulty with balance and coordination.

4. Mixed Cerebral Palsy:
   - This type affects about 8% of people with Cerebral Palsy (Cerebral Palsy). It combines features of more than one type of Cerebral Palsy (Cerebral Palsy).

Factors That Increase the Risk of Cerebral Palsy (Cerebral Palsy):

- Premature birth
- Intrauterine growth restriction
- Infections during pregnancy
- Delivery complications
- Genetic factors

Diagnosis and Treatment of Cerebral Palsy (Cerebral Palsy):

Diagnosis of Cerebral Palsy (Cerebral Palsy) is based on a thorough medical history and physical examination. Treatment is tailored to the individual's needs and may include physical therapy, occupational therapy, speech therapy, medications, and surgery.

Prevention of Cerebral Palsy (Cerebral Palsy):

- Folic acid supplements during pregnancy can reduce the risk of neural tube defects, which are a risk factor for Cerebral Palsy (Cerebral Palsy).
- Vaccinations and proper nutrition during pregnancy can also help prevent some of the conditions that can lead to Cerebral Palsy (Cerebral Palsy).

Cerebral Palsy (Cerebral Palsy) can significantly impact a person's quality of life, but with proper treatment and support, individuals with Cerebral Palsy (Cerebral Palsy) can lead fulfilling lives and achieve their goals.