



Normal pressure hydrocephalus

The human brain and spinal cord are surrounded by a clear liquid called cerebrospinal fluid or CSF. Within the brain are four cavities, called ventricles, that are responsible for producing and storing CSF. When this fluid accumulates in the ventricles it can cause symptoms similar to Alzheimer's disease, such as loss of interest in daily activities, forgetfulness and short-term memory loss and changes in personality and behaviour.

Along with cognitive decline, patients with normal pressure hydrocephalus (NPH) often have difficulty walking, poor balance and are more likely to have falls. Patients with NPH also experience urinary incontinence.

The condition primarily affects people in their sixties and seventies and can be left undiagnosed or misdiagnosed as Alzheimer's or Parkinson's disease.

Diagnosing NPH can be done with brain imaging, such as MRI or CT, clinical examination by a neurosurgeon and CSF tests such as a lumbar puncture.

Because the symptoms of NPH can vary, it is recommended to be examined by a neurosurgeon that has experience in the evaluation of brain disorders. This can be arranged through a referral from your GP.



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