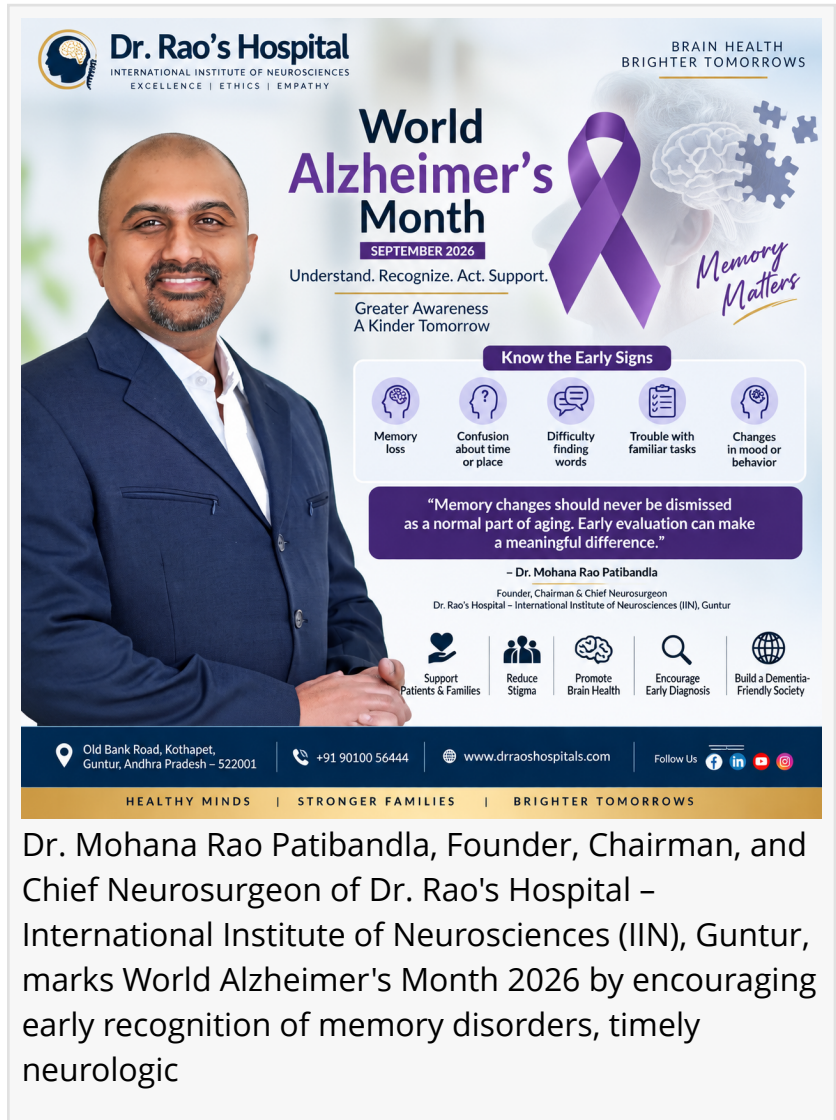


World Alzheimer's Month 2026: Dr. Mohana Rao Patibandla Highlights Early Recognition of Memory Disorders & Brain Health

Dr. Rao explains early signs of Alzheimer's, memory disorders, brain health, and the importance of timely evaluation during World Alzheimer's Month 2026.

GUNTUR, ANDHRA PRADESH, INDIA, September 2, 2026 /EINPresswire.com/ -- As the world observes World Alzheimer's Month throughout September, Dr. Mohana Rao Patibandla, Founder, Chairman, and Chief Neurosurgeon of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, is encouraging individuals and families to recognize the early signs of memory disorders, understand the difference between normal aging and dementia, and seek timely neurological evaluation.

World Alzheimer's Month is a global awareness campaign dedicated to improving understanding of Alzheimer's disease and other forms of dementia, reducing stigma, and promoting early diagnosis and supportive care. Millions of families worldwide are affected by memory disorders, making awareness, education, and timely medical intervention increasingly important.



Dr. Rao's Hospital
INTERNATIONAL INSTITUTE OF NEUROSCIENCES
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World Alzheimer's Month
SEPTEMBER 2026
Understand. Recognize. Act. Support.
Greater Awareness
A Kinder Tomorrow

BRAIN HEALTH
BRIGHTER TOMORROWS

Memory Matters

Know the Early Signs

- Memory loss
- Confusion about time or place
- Difficulty finding words
- Trouble with familiar tasks
- Changes in mood or behavior

"Memory changes should never be dismissed as a normal part of aging. Early evaluation can make a meaningful difference."

– Dr. Mohana Rao Patibandla
Founder, Chairman & Chief Neurosurgeon
Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur

- Support Patients & Families
- Reduce Stigma
- Promote Brain Health
- Encourage Early Diagnosis
- Build a Dementia-Friendly Society

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HEALTHY MINDS | STRONGER FAMILIES | BRIGHTER TOMORROWS

Dr. Mohana Rao Patibandla, Founder, Chairman, and Chief Neurosurgeon of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, marks World Alzheimer's Month 2026 by encouraging early recognition of memory disorders, timely neurologic

Alzheimer's disease is the most common cause of dementia, a condition that affects memory, thinking, behavior, and the ability to perform everyday activities. While aging is the strongest known risk factor, Alzheimer's disease is not a normal part of aging.

According to global health estimates, the number of people living with dementia continues to rise as populations age, creating significant emotional, social, and healthcare challenges for families and communities.



The advanced biplane cath lab at Dr. Rao's Hospital, designed for precision neurovascular procedures and minimally invasive surgeries, first in Andhra Pradesh and Telangana in India.

"Memory changes should never be dismissed simply as growing older," said Dr. Mohana Rao Patibandla. "Persistent memory loss, difficulty performing familiar tasks, changes in judgment, or confusion about time and place deserve a neurological evaluation. Early diagnosis helps patients and families understand the condition, begin appropriate treatment, and plan supportive care."

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Persistent memory loss is not a normal part of aging. Early neurological evaluation can help identify the cause and improve care for patients and families."

*Dr. Mohana Rao Patibandla,
Neurosurgeon & Founder, Dr.
Rao's Hospital*

Understanding Alzheimer's Disease and Memory Disorders

Memory disorders include a broad range of neurological conditions that affect cognitive function. While occasional forgetfulness may occur with healthy aging, progressive

memory loss may indicate an underlying neurological disorder.

Alzheimer's disease gradually damages brain cells involved in memory, learning, language, and reasoning. Over time, symptoms may become more noticeable and interfere with daily life.

Common symptoms include:

Frequently forgetting recently learned information.
Repeating questions or conversations.

Difficulty finding words during conversations.

Misplacing items and being unable to retrace steps.

Confusion about dates, time, or familiar places.

Changes in mood, personality, or behavior.

Difficulty planning or solving routine problems.

Not every memory complaint is Alzheimer's disease. Some conditions, including vitamin deficiencies, thyroid disorders, sleep disorders, depression, medication effects, and other neurological diseases, can also affect memory and may be treatable.

The Importance of Early Diagnosis

Early diagnosis is one of the most important messages of World Alzheimer's Month.

A neurological assessment can help determine whether memory symptoms are related to Alzheimer's disease, another type of dementia, or a potentially reversible condition.

Early evaluation may include:

Detailed medical and neurological history.

Cognitive and memory assessments.

Physical and neurological examination.

Brain imaging when clinically indicated.

Laboratory investigations to identify reversible causes of memory impairment.



The high-tech neurosurgery operating room at Dr. Rao's Hospital, Guntur featuring advanced imaging and navigation systems for precise brain and spine surgeries.



Dr. Mohana Rao Patibandla delivering a scientific lecture at the 5th World Neurosciences Summit 2026 in New Delhi, where neurosurgeons and neurosciences experts discussed advances in brain, spine, stroke, and artificial intelligence in neurological care.

An accurate diagnosis allows patients and caregivers to understand available treatment options, lifestyle interventions, rehabilitation strategies, and long-term care planning.

Brain Health Across Every Stage of Life

Maintaining brain health is important not only in older adults but throughout adulthood. Research suggests that several lifestyle measures may support cognitive health and reduce the risk of cognitive decline.

Dr. Mohana Rao Patibandla recommends:

Regular physical activity.

Control of blood pressure, diabetes, and cholesterol.

A balanced diet rich in fruits, vegetables, and healthy fats.

Quality sleep and treatment of sleep disorders.

Mental stimulation through reading, learning, and social engagement.

Avoiding tobacco and excessive alcohol consumption.

Regular health check-ups for vascular risk factors.

These measures support overall brain health and may help reduce the risk of stroke and vascular cognitive impairment in addition to promoting healthy aging.

Supporting Families Living with Dementia

Alzheimer's disease affects not only patients but also families and caregivers. Caring for someone with dementia often requires emotional support, education, patience, and coordinated medical care.

Families are encouraged to seek medical guidance early, learn about disease progression, and create a safe and supportive environment that helps preserve independence for as long as possible.

"Compassionate care is just as important as clinical care," added Dr. Mohana Rao Patibandla.

"Supporting caregivers, educating families, and addressing behavioral and cognitive symptoms

The poster is for Dr. Rao's Hospital, featuring a blue and orange color scheme. At the top, the hospital's logo and name are displayed, along with the tagline 'ACT FAST - SAVE BRAIN AND SPINE' and a list of locations. The main headline reads 'Economic Times Excellence in Neurology, Neurosurgery and Spine Surgery Award 2025'. Below this, the name 'Dr. Mohana Rao Patibandla' is written in a stylized font, followed by a list of his medical qualifications. The center of the poster shows three award certificates: 'IBIBUSINESS EXCELLENCE', 'IBIBUSINESS EXCELLENCE & INNOVATION', and 'IBIBUSINESS EXCELLENCE MIT 2025'. At the bottom, there is a portrait of Dr. Patibandla, his title 'Award Winning Neuro Surgeon', and a list of his qualifications. Contact information, including the address, phone number, email, and website, is provided at the bottom right.

DR. RAO'S HOSPITAL
ACT FAST - SAVE BRAIN AND SPINE
GUNTUR | VIJAYAWADA | BHIMAVARAM | RAJAHMUNDRY | KAKINADA | ELLURU | ONGOLE | NELLORE

Economic Times
Excellence in Neurology, Neurosurgery
and Spine Surgery Award 2025

Dr. Mohana Rao Patibandla
M. Ch (NIMS), FESBSS (KIMS), FAANS (USA), FMINS (OSU, USA),
FEVNS (UVA, USA), FPNS (UCD, USA), FNSORS (UVA, USA)

Dr. Mohana Rao Patibandla
Award Winning Neuro Surgeon
MCh (NIMS), JFAANS (USA), FESBSS (KIMS), FPNS (UCD, USA),
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Celebratory poster released
by Dr. Rao's Hospital following
the Economic Times Business
award 2025

are essential parts of dementia care."

When Should Someone See a Neurologist?

Individuals should consider neurological evaluation if memory changes:

- Persist for several months.

- Interfere with work or daily activities.

- Are noticed by family members or caregivers.

- Are accompanied by personality or behavioral changes.

- Occur alongside language, balance, or movement problems.

Timely evaluation helps identify the underlying cause and ensures appropriate management.

Raising Awareness During World Alzheimer's Month

World Alzheimer's Month serves as a reminder that awareness can lead to earlier recognition, better access to care, and reduced stigma surrounding dementia and memory disorders.

Healthcare professionals encourage communities to have open conversations about cognitive health and to seek professional medical advice whenever persistent memory concerns arise.

About Dr. Mohana Rao Patibandla

[Dr. Mohana Rao Patibandla is the Founder, Chairman, and Chief Neurosurgeon](#) of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur. Trained in India and the United States, he specializes in minimally invasive brain and spine surgery, cerebrovascular neurosurgery, skull base surgery, pediatric neurosurgery, functional neurosurgery, and advanced neurosciences care. He is actively involved in clinical practice, research, medical education, and public awareness initiatives focused on neurological disorders and brain health.

About Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

Dr. Rao's Hospital – International Institute of Neurosciences (IIN) is a dedicated neurosciences hospital in Guntur, Andhra Pradesh, providing comprehensive care in neurology, neurosurgery, spine surgery, stroke care, neurocritical care, pediatric neurosciences, neuro-oncology, cerebrovascular disorders, minimally invasive brain surgery, and rehabilitation. The institute is committed to evidence-based, ethical, and patient-centered neurosciences care.

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