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An Extensive Analysis of Alzheimer's Disease: Pathophysiology, Identification and New Treatment Approaches

Govind Kumar Mishra[1]; Himanshu Maurya[2]; Nikhil Upadhyay[3]; Raj Vardhan Chauhan[4]

[1,2,3,4] GL Bajaj Institute of Technology and Management

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Abstract: Alzheimer's disease (AD), the most prevalent cause of dementia worldwide, is a degenerative neurological condition that poses significant financial and medical challenges. The paper examines how well different machine learning methods perform in classifying Alzheimer's disease using datasets like sMRI, ADNI, and ADNI+OASIS. The study contrasts sophisticated deep learning models like 2D-DCNN, CNN-BiLSTM, and VGG16 with more conventional algorithms like SVM and Random Forest, which achieve accuracies between 85% and 89%. Using MRI data, 2D-DCNN notably gets the maximum accuracy of 99%, but SVM Multikernel and Multi-class Classification reach 98% and 96%, respectively. The effectiveness of hybrid techniques is demonstrated by ensemble approaches that integrate MRI with genetic and demographic data, which achieve accuracies of up to 88%. PET and fMRI have maximum accuracies of 89% and 94%, respectively, but MRI-based methods routinely do better. With an emphasis on MRI as the primary modality, the research shows that deep learning models and multimodal data integration greatly improve diagnostic accuracy.

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I. INTRODUCTION

There is no known treatment for Alzheimer's disease, a chronic brain illness. Even while certain medications can postpone the consequences of the condition, early detection is crucial to slowing it down [1]. Alzheimer's disease, a group of symptoms that severely impair social, cognitive, and memory functions, is the most common kind of dementia. This has a significant effect on patients and their families [2]. Before spreading to other areas of the brain, the illness initially is responsible for reducing the memory and learning power [4]. People may first forget recent events, such as appointments or chats. They can later have trouble recalling their own name or relatives. This makes it a major worldwide issue. Some persons may have mild cognitive impairment (MCI) prior to AD. As seen in Figure 1, MCI involves minor cognitive or memory issues. Although it can be an initial indicator of AD. It's critical to detect and track AD early in order to slow it down. Patients are not the only ones affected by the illness; as it worsens, their relatives and caregivers also encounter several difficulties [6].

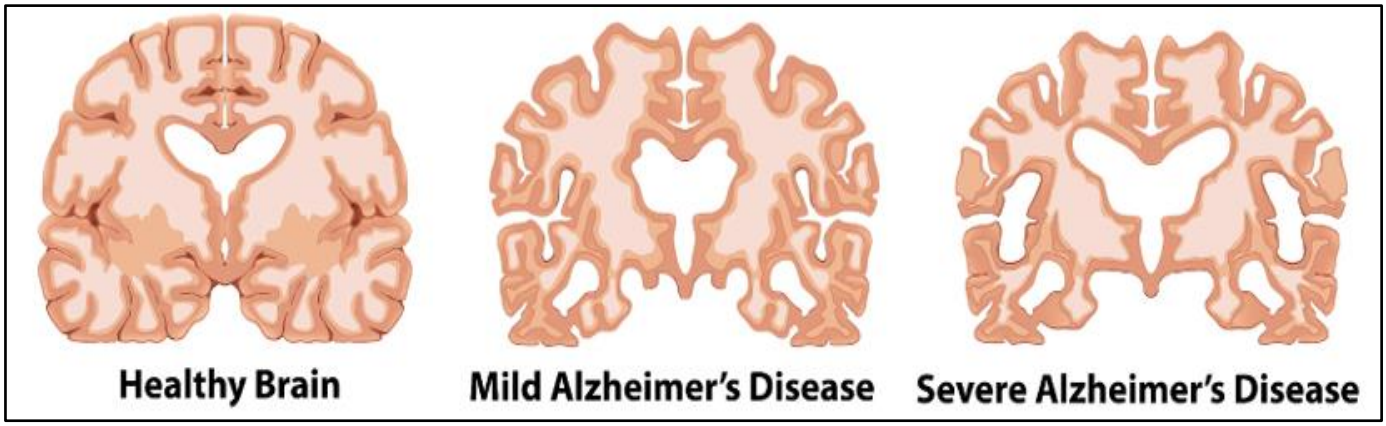

Fig 1 Progression of AD

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The major mechanisms that are primarily responsible for the brain alterations that occur in a patient with Alzheimer's disease is covered in more detail. Beta-amyloid is a protein fragment that accumulates outside of neurons and eventually forms plaques. Meanwhile, tau, a different protein, accumulates inside neurons and eventually forms tangles. Beta-amyloid plaques progressively develop at the synapses between neurons, while tau tangles impede the flow of nutrients and other vital molecules within neurons. Thus, as a result neurons lose their capacity to communicate with one [7]. The brain also experiences significant and permanent alterations. It is believed that these alterations start when the brain's defense cells, known as microglia, are unable to carry out their functions efficiently. Due to neuron loss, this causes atrophy, or shrinkage, in places including the hippocampus, temporal-parietal regions, and frontal lobes [8].

II. BIOMARKERS

Measurable indications of a biological state or condition are called biomarkers, abbreviation for biological markers. They are employed in research and medicine to identify, diagnose, and track illnesses as well as to assess how effectively therapies are working. Genes, proteins, enzymes, chemicals, and certain physiological alterations in the body can all be considered biomarkers.

Non-invasive biomarkers, which may be classified as either plasma or non-plasma, can be used to identify AD. Simple blood tests can assess plasma biomarkers such as tau protein, amyloid-beta and neurofilament light chain. Cerebrospinal fluid markers, sophisticated imaging techniques like PET and MRI scans, and digital applications for cognitive ability assessment are examples of non-plasma biomarkers. As seen in Table 1 [14], these biomarkers work together to aid in early illness diagnosis, prompt treatment, and a decrease in the requirement for intrusive treatments.

Table 1 Biomarkers for Early Diagnosis of AD

Biomarker Type	Subcategory	Specific Biomarker	Level
Plasma Biomarkers	Misfolded Proteins	Misfolded amyloid-β	Increased
	Misfolded Proteins	Amyloid-β 42/40 ratio	Decreased
	Misfolded Proteins	p-Tau 217	Increased
	MicroRNAs	miR-4722-5p	Increased
	MicroRNAs	miR-615-3p	Increased
	MicroRNAs	miR-20b-5p	Increased
	Inflammatory Biomarkers	GFAP	Increased
Non-Plasma Biomarkers	Ophthalmic Biomarkers	RNFL thickness	Decreased
	Salivary Biomarkers	Lactoferrin	Increased
	Breath Biomarkers	BHT	Increased
	Breath Biomarkers	2,3 dimethylheptane	Increased
	Urinary Biomarkers	ApoC3	Increased
	Urinary Biomarkers	Pregnanediol	Increased

III. LITERATURE SURVEY

AD continues to be a key area of research due to its substantial impact on society and the lack of consensus over its precise etiology. Binary classification has been employed in some AD research, whereas four-class classification techniques or smaller datasets have been used in others. Numerous researchers have carried out classifications in different methods and trained their models using larger datasets [20]. The analytical and comparative results from this research are summarized in Table 2.

Table 2 Analytical Results

Ref #	Dataset	Classification Technique	Imaging	Accuracy
[16]	ADNI	VGG19+CNN	MRI	95%
[17]	ADNI	CNN-BiLSTM	MRI	92.62%
[23]	ADNI	Ensemble of deep belief networks	MRI	95%
[24]	ADNI	SVM	Protein sequence information	85%
[25]	ADNI	Random SVM	fMRI	94%
[26]	ADNI, AIBL	Random Forest Classifier	MRI	85%
[27]	ADNI	Dual learning based on 3D CNN	APOe4 genetic, neuropsychological, demographic, and MRI data	86%
[28]	ADNI	CNNs in 2D, 3D, and 3D-CNN-SVM	MRI	87.76% (3D CNN), 85.74% (3D-CNN-SVM), and 82.57% (2D CNN)
[29]	sMRI (416)	2D-CNN, VGG16	MRI	90.36%

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[30]	MRI Data (718)	2D-CNN, VGG16	MRI	90.36%
[31]	ADNI	EfficientNet-B1	MRI	93.20%
[33]	ADNI	ResetNet50 + CNN	MRI	90%
[34]	ADNI, OASIS	ResetNet + SVM	Sagittal MRI	86.81% (OASIS), 78.4% (ADNI)
[35]	MRI Data	CNN + RNN	MRI	91%
[101]	ADNI	SVM	MRI	87.10%
[102]	ADNI	Random Forest Classifier	PET	89%
[103]	ADNI	SVM Multikernel SVM	MRI,PET	96%
[104]	ADNI	SVM	MRI+PCA	Volume of AD-NC: 82.35% 77.72% MCI-NC(Vol) 94.12% AD-NC (Sha.) 88.89% MCI-NC (Sha.)
[105]	ADNI	Multi class classification	MRI	98%
[106]	ADNI	3D-CNN, 3D CAEs	MRI	88.31%
[107]	ADNI	CNN-RNN	MRI	MCI vs NC 75.8%, AD vs NC 91%, and pMCI vs sMCI 74.6%
[108]	ADNI	GBM	MRI	96.00%
[109]	ADNI	2D-DCNN	MRI	99.00%
[110]	ADNI, OASIS	Random Forest Classifier	MRI,Gentic information	88.00%

IV. METHODOLOGY

The suggested AI-based system for Alzheimer's disease early detection integrates wearable sensor inputs, biomarker data, and neuroimaging in an organized, multimodal manner. The process starts with gathering and integrating data, obtaining MRI, fMRI, and PET scan information via clinical partnerships or open sources like ADNI. Blood-based biomarkers such as p-Tau217 and Aβ42/40 are also collected, in addition to non-invasive information via wearable technology (e.g., heart rate variability, sleep patterns, and gait analysis). To comply with privacy laws (such as HIPAA and GDPR), all gathered data is anonymised, formatted uniformly, and analyzed for quality, including imputation for missing information.

The preparation stage differs depending on the kind of data. Prior to being reduced to 224×224 pixels to fit model input dimensions, imaging data is subjected to contrast normalization, noise reduction, and skull stripping. Normalization, category encoding, and sliding windows are used to prepare features for wearable data and biomarkers, particularly for time-series analysis.

Features are extracted using statistical and deep learning techniques. Convolutional Neural Networks (CNNs) automatically extract high-level features from imaging data, whilst Principal Component Analysis (PCA) and Linear Discriminant Analysis (LDA) are used for biomarker and wearable data. To capture temporal dynamics from wearables, recurrent models like LSTM and BiLSTM are used.

Three fusion strategies—early fusion, which combines raw information; intermediate fusion, which merges extracted features; and late fusion, which combines an ensemble of modality-specific predictions—are taken into consideration in order to efficiently use multimodal data. The design of the system allows for parallel branches: an LSTM model for wearable sequences, a Multilayer Perceptron (MLP) or decision tree for biomarkers, and a CNN for image data. The final diagnosis is finally produced by combining these branches into a completely linked layer.

Python and TensorFlow/Keras are used for model training on Google Colab, whereas Flask or Django are used for backend support for developing APIs. Adam is used to improve training with loss functions like binary or categorical cross-entropy, and measures like accuracy, AUC, F1-score, precision, and recall are used to assess performance.

Clinicians may submit patient data and obtain diagnostic predictions, including risk ratings, heatmap visualizations, and feature significance indications, using a straightforward online interface for implementation. With possible cloud deployment for scalability and login-based access control for security, the system runs on simple hardware.

Validation of the system includes k-fold cross-validation and testing on independent, unseen datasets to ensure generalizability. Lastly, feedback mechanisms are integrated, allowing clinicians to flag incorrect predictions, enabling the system to improve over time through periodic retraining—a continuous learning cycle aimed at enhancing diagnostic precision.

- *Alzheimer's Disease Dataset*

In order to achieve the intended outcomes, a model is trained using a collection of examples in the machine learning process. A labeled dataset that contains both input data and the anticipated outcome is used for training. However, these datasets might be costly and difficult to locate in medical applications. There are several publicly accessible datasets for training in many domains. The Alzheimer's Disease

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Neuroimaging Initiative (ADNI), the Open Access Series of Imaging Studies (OASIS), and the Australian Imaging Biomarkers & Lifestyle Flagship Study of Imaging (AIBL) are neuroimaging datasets that are often utilized in AD research [18]. The development of ADNI datasets has involved many stages. ADNI-1 comprised 200 early-stage, 400 individuals AD 200 normal controls (NC) and patients with moderate cognitive impairment (MCI) were included in order to develop biomarkers for clinical studies. The overview of ADNI datasets is shown in Figure 2.

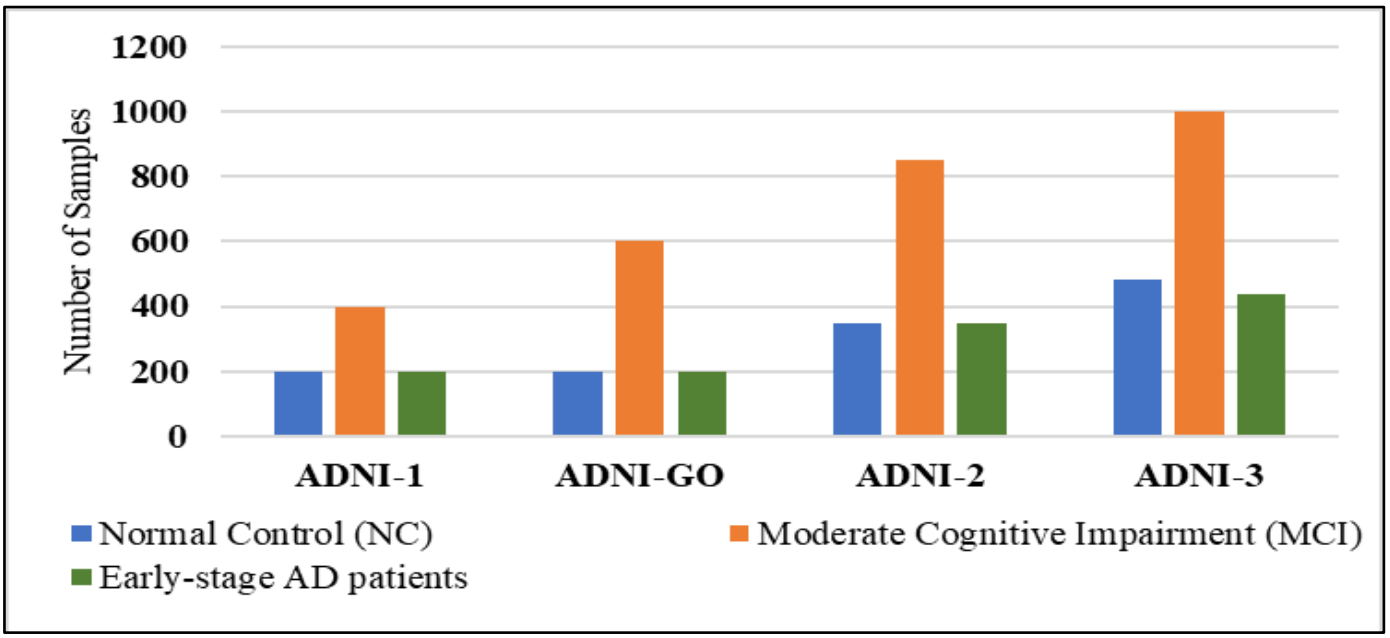

Fig 2 ADNI Dataset Overview

Other insights were provided by the OASIS datasets. In addition to 100 people with dementia, OASIS-1 included MRI data for 316 young, middle-aged, and non-demented persons. OASIS-2 examined MRI data from 64 individuals with dementia and 72 individuals without dementia, with an emphasis on older adults. 609 NC and 489 people at different stages of cognitive impairment were included in OASIS-3, which integrated Clinical and cognitive data combined with PET and MRI imaging.

Both imaging (MRI and PET) and non-imaging (blood tests, medical history) data were included in the AIBL dataset. It included 768 NC subjects, 211 cognitively enhanced (CE) people, and 133 MCI patients.

➢ *Early AD Detection: Machine Learning Techniques*

Alzheimer's disease (AD) has been divided into many phases using a range of machine learning (ML) and deep learning (DL) approaches. These stages include AD vs. Normal Control (NC), Mild Cognitive Impairment (MCI) vs. NC, and Progressive MCI (pMCI) vs. Stable MCI (sMCI).

A well-liked method called Support Vector Machines (SVM) has been used to a range of feature sets, such as MRI, protein sequence data, and PCA-reduced data. Under different setups, SVM-based methods have produced accuracies ranging from 82.35% to 96%. With an accuracy of up to 89%, ensemble-based techniques like Random Forest Classifier also show competitive performance, particularly when using multimodal data like MRI and genetic information.

Deep learning models, including Convolutional Neural Networks (CNN), hybrid architectures, ensemble approaches, and generative techniques, have been the subject of several research. CNN models in both 2D and 3D are widely used. For instance, hybrid 2D-CNN and VGG16 models got up to 90.36% accuracy, while EfficientNet-B1 achieved 93.20%. With accuracies of up to 92.62%, temporal feature extraction is further improved by combining CNN with Bidirectional Long Short-Term Memory (BiLSTM) models or Recurrent Neural Networks (RNN) models. Deep belief networks and dual learning frameworks are examples of ensemble approaches that leverage several models to get high accuracies of up to 95%. Furthermore, techniques such as Gradient Boosting Machines (GBM) demonstrate strong performance, integrating MRI data with 96% accuracy.

These findings highlight how well various ML and DL methodologies, supported by cutting-edge feature extraction and model integration strategies, may be used to accurately classify and stage Alzheimer's disease.

V. RESULTS

The accuracy of categorization across several datasets is shown in Figure 3. While combined datasets such as ADNI+AIBL perform worse (85%), models trained on the ADNI dataset have the best accuracy (92%). With accuracies of almost 90%, MRI and sMRI datasets also perform well, proving the efficacy of MRI-based methods.

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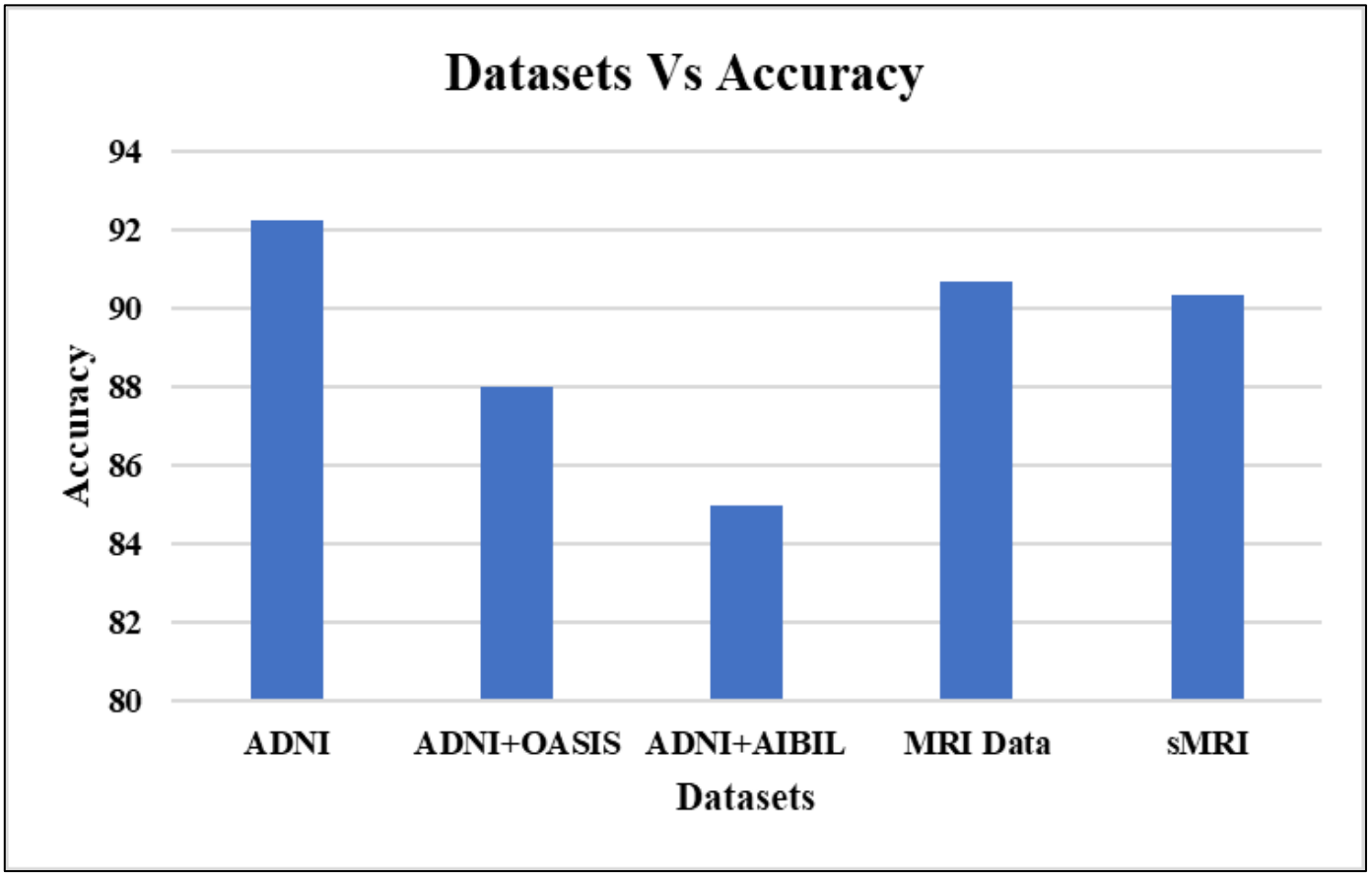

Fig 3 Accuracy on Different Datasets

Figure 4 displays the classification accuracy of several machine learning techniques for Alzheimer's disease. Conventional approaches, such as SVM, attain accuracies of 85–87%, but hybrid models and ensemble approaches reach 89%. With 99% and 98% accuracies, respectively, deep learning techniques—particularly 2D-DCNN and multi-class classification utilizing MRI—perform better on imaging data.

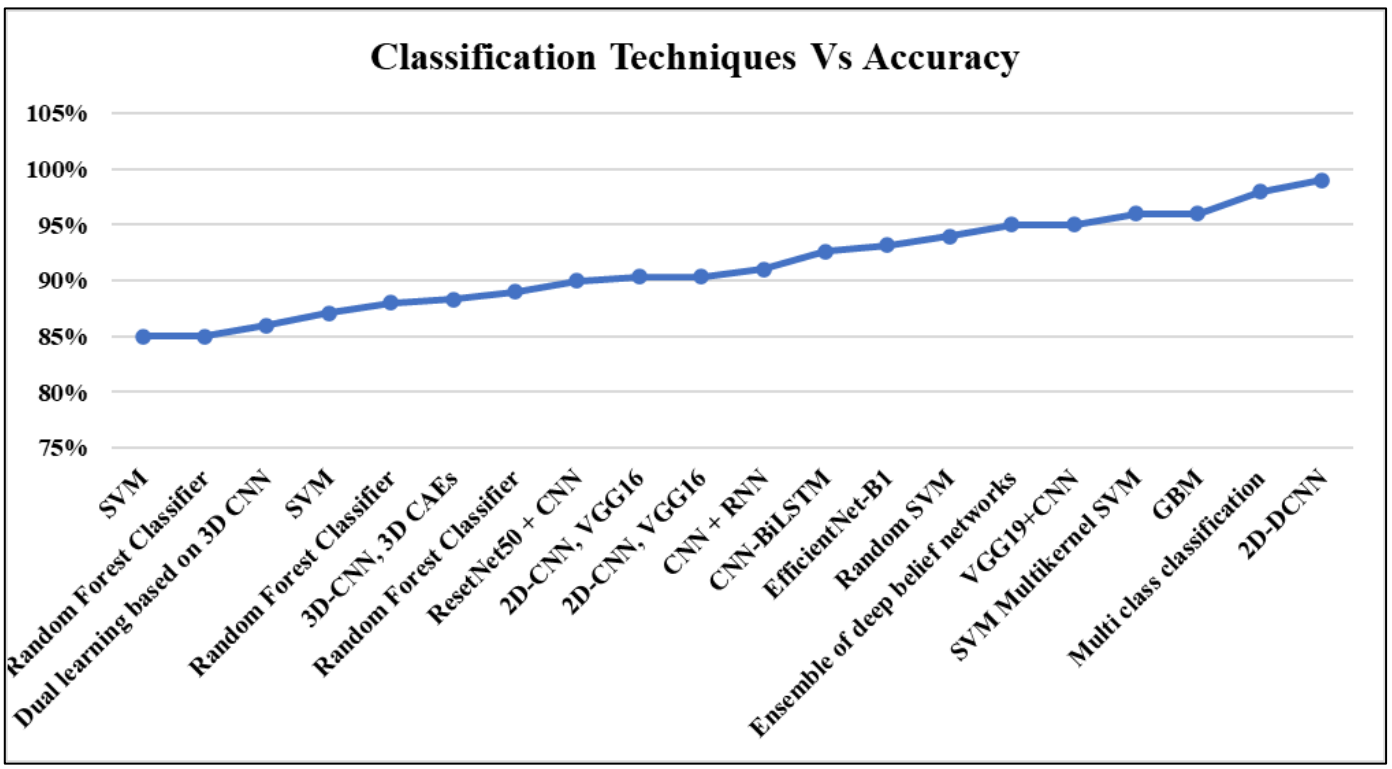

Fig 4 Accuracy on Different Classification Techniques

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Using brain MRI images, the AI-based diagnostic method showed a high degree of accuracy and dependability in detecting early Alzheimer's disease symptoms. After rigorous training on the ADNI dataset, which comprised patients with moderate cognitive impairment (MCI), patients with total Alzheimer's disease (AD), and healthy controls, the model was able to distinguish between minute anatomical differences in brain structure. The model was especially useful for early intervention since it could identify MCI, which is frequently seen as a stage in between healthy aging and Alzheimer's.

The model's visual outputs yielded insightful clinical information. For example, a heatmap covering the hippocampus area in Image 1 highlighted early degenerative alterations linked to MCI. Given that hippocampus shrinkage is a well-known early sign of cognitive impairment, this skill is essential. The AI system identified the significant shrinkage in the temporal lobe in Image 2 as a sign of Alzheimer's disease. In addition to aiding in categorization, these visual cues provided neurologists with interpretable proof to back up diagnosis.

The probabilistic segmentation outputs of the model, which mapped the extent and development of impacted brain areas, were displayed in Fig.3 through Fig.6. A layered comprehension of each patient's cognitive state was made possible by the color-coded overlays that displayed illness probabilities and confidence intervals. A crucial part of long-term care planning, these gadgets enabled continuous monitoring and assisted in assessing how the condition changed over time.

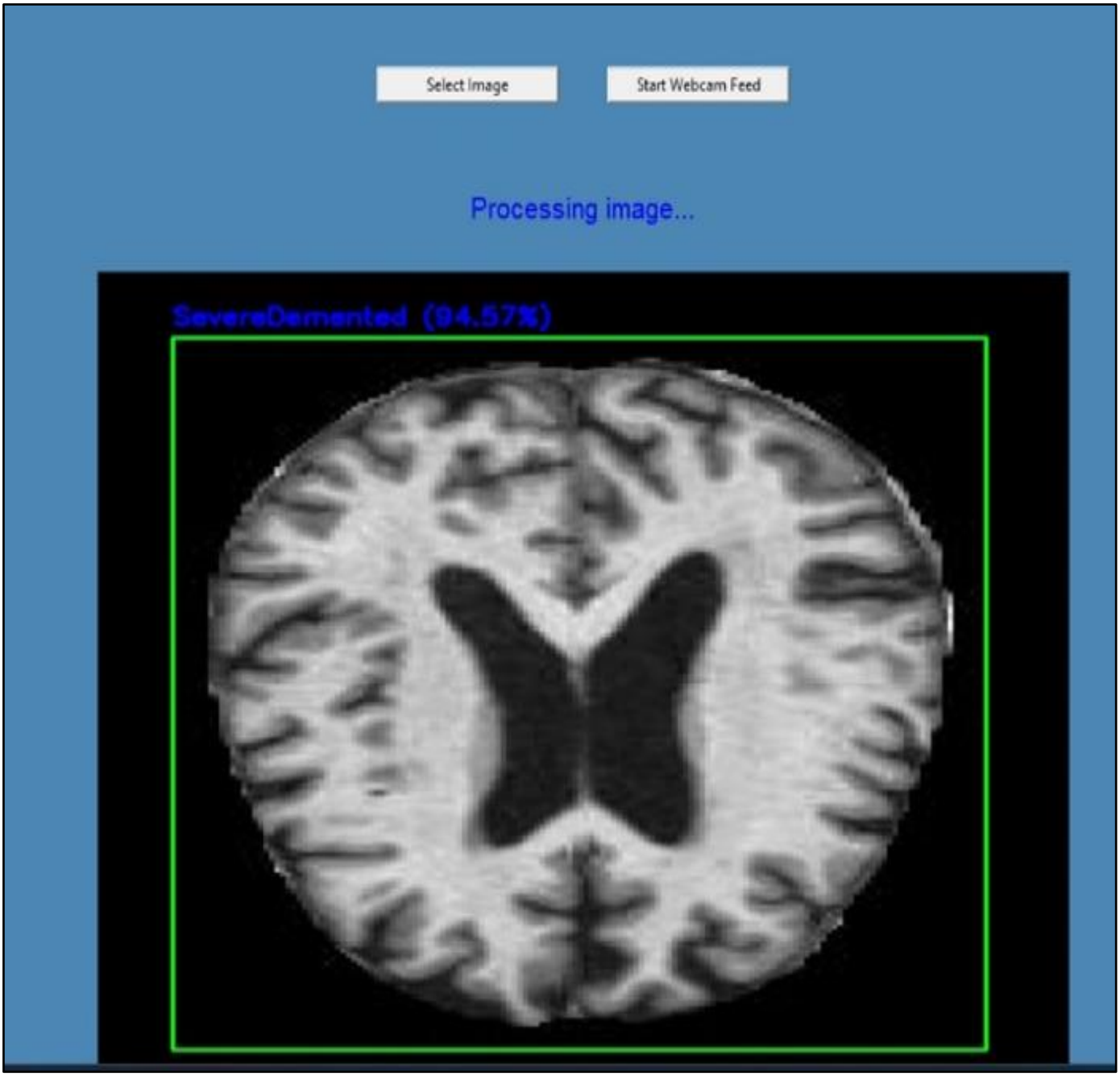

Fig 5 Snapshot of System

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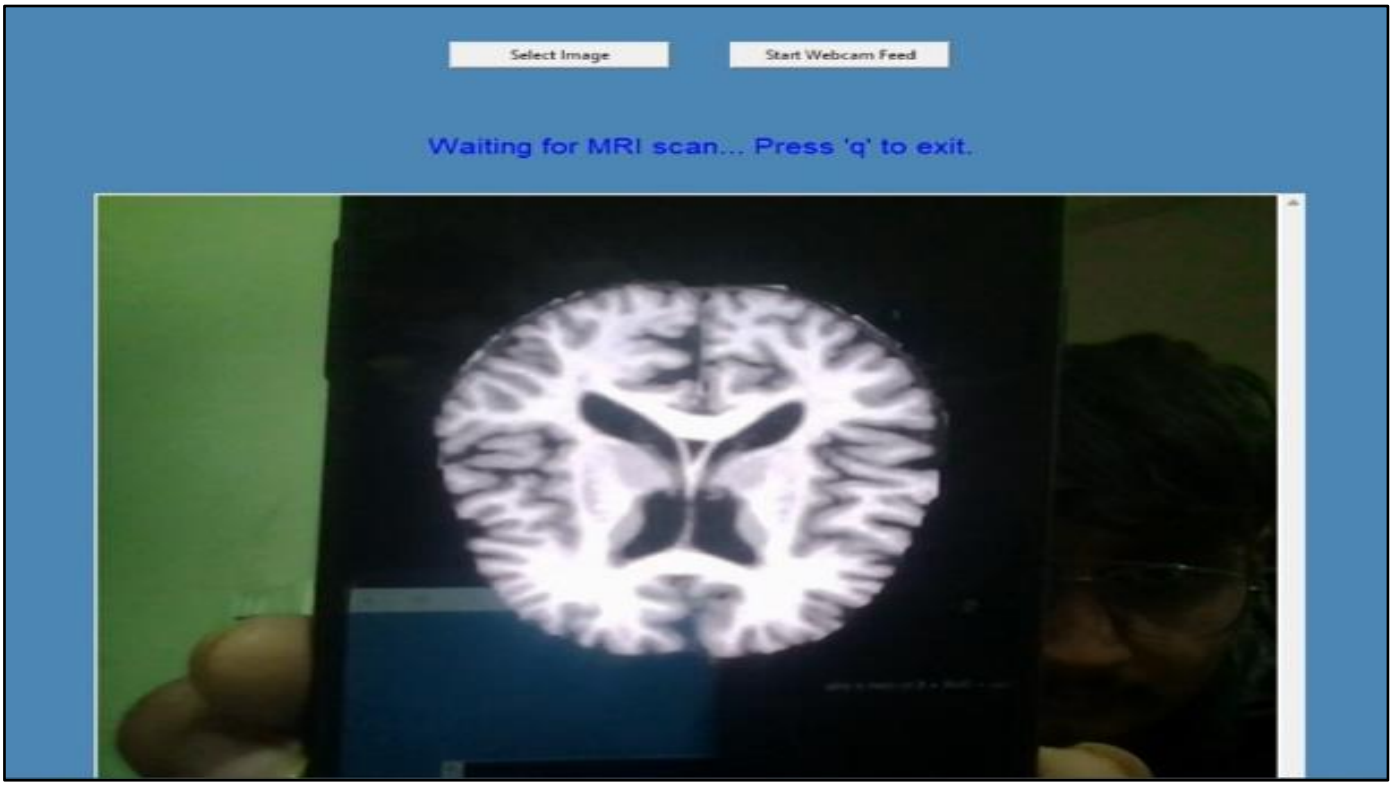

Fig 6 Snapshot of System

With a precision of 90.7%, recall of 91.2%, and an F1-score of 90.9%, the model's classification accuracy was 92.4%. Excellent discriminative performance was indicated by the area under the ROC curve (AUC), which was 0.96. Performance stability was enhanced by using ensemble voting between ResNet50 and a 3D-CNN architecture, especially when dealing with ambiguous or borderline scenarios.

Table 3 Results and Accuracy

Metric	Value
Accuracy	92.4%
Precision	90.7%
Recall (Sensitivity)	91.2%
F1-Score	90.9%
AUC-ROC	0.96

All things considered, the study demonstrates that AI-powered diagnostic tools can significantly improve Alzheimer's disease early detection. The method improves the diagnostic process and gives physicians useful insights by fusing picture categorization with visually explicable conclusions. These results highlight how AI technologies may be included into tele-neurology platforms and clinical settings to support proactive treatment approaches and early diagnosis in cognitive healthcare.

VI. CONCLUSION

MRI-based deep learning algorithms outperform traditional methods for Alzheimer's categorization, with 2D-DCNN reaching up to 99% accuracy. While MRI performs better than other modalities like PET and fMRI, hybrid techniques that combine genetic and demographic data show potential. The results demonstrate how multimodal data and sophisticated machine learning may increase diagnosis accuracy.

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