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Narcolepsy E Chart: Full Illustrated

NARCOLEPSY

Narcolepsy is a chronic (lifelong) disorder characterized by excessive daytime sleepiness, usually associated with cataplexy, sleep paralysis, and hypnagogic hallucinations. It generally occurs in teenage years, and more commonly in females than in males.

CLINICAL FEATURES

- Hypersomnia:** Excessive daytime sleepiness, usually associated with cataplexy, sleep paralysis, and hypnagogic hallucinations. The onset of sleep is rapid during the following episode.
- Cataplexy:** It consists of episodes of sudden muscle weakness, which is triggered by emotion. They can be associated with loss of tone in the face, head, neck, arms, and legs, and may be associated with loss of consciousness.
- Waking paralysis:** This is a temporary paralysis, which occurs when waking up in the morning, often lasting for a few minutes, though it can last longer in severe cases.
- Hypnagogic hallucinations:** These occur as one is falling asleep or waking up. They are usually associated with sleep paralysis.
- Disruptive behavior:** This occurs as a result of excessive daytime sleepiness and cataplexy, which can lead to accidents or injuries.

DIAGNOSIS

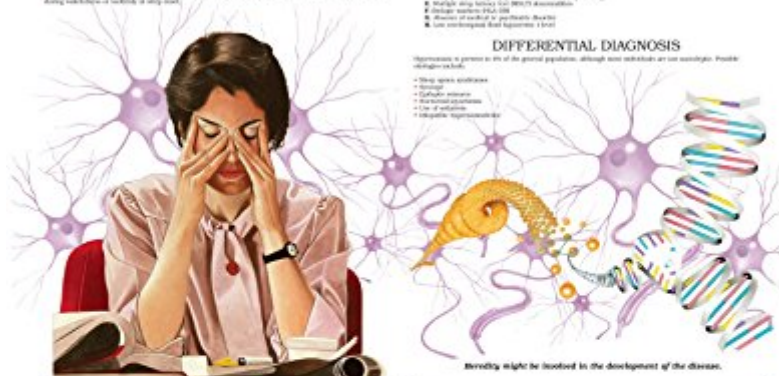
Diagnosis is based on the presence of the following symptoms:

- Excessive daytime sleepiness:** This is the most common symptom.
- Cataplexy:** This is a sudden loss of muscle tone, which is triggered by emotion.
- Waking paralysis:** This is a temporary paralysis, which occurs when waking up in the morning.
- Hypnagogic hallucinations:** These occur as one is falling asleep or waking up.
- Disruptive behavior:** This occurs as a result of excessive daytime sleepiness and cataplexy.

DIFFERENTIAL DIAGNOSIS

Hypersomnia is present in 1% of the general population, although more common in the elderly. Possible etiologies include:

- Sleep apnea syndrome
- Depression
- Chronic fatigue syndrome
- Iron deficiency
- Hypothyroidism



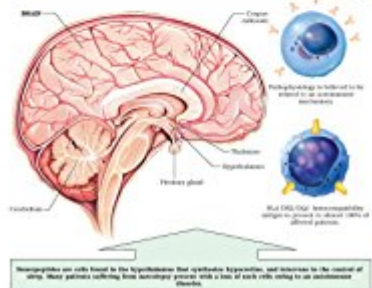
Genetics might be involved in the development of the disease.

ETIOLOGY

Despite the cause being unknown, genetic factors are thought to play a role in narcolepsy, and other autoimmune conditions are believed to be involved. The HLA-DQB1*06:02 gene, which codes for the HLA-DQB1*06:02 protein, has been found to be associated with narcolepsy. This gene is found only in 1% of the general population, but narcolepsy is more common in those who have it.

RISK FACTORS

- HLA-DQB1*06:02
- Chronic fatigue syndrome
- Depression
- Iron deficiency
- Hypothyroidism
- High body mass index (BMI)



Patients suffering from narcolepsy present with excessive sleepiness that causes them to fall asleep in active situations in which they are.

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Synopsis

Table Of ContentsNarcolepsyClinical featuresDiagnosisDifferential diagnosisEtiologyRisk factors

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