ESL Virtual Writing Support Centre

Compare and Contrast Sample

BLOCK METHOD

Comparing Degenerative Diseases: Parkinson's and Alzheimer's

written by Léa Tremblay, December 2024

"Systematic degenerative diseases, characterized by the gradual deterioration of tissues and organs over time, exert a significant influence on health and impose a substantial burden not only on individuals but also on society and healthcare systems" (Sheikh et al., p.1). **Alzheimer's and Parkinson's are both progressive disorders that affect a lot of people each year.** While these two neurodegenerative diseases lead to both physical and cognitive decline, they differ significantly in their symptoms, causes, and consequences.

Hook

Background information that connects the hook with the thesis.

Clear thesis statement that introduces the topic and strategy used to develop it.

Alzheimer's disease (AD) primarily impacts cognitive functions, leading to memory loss and cognitive decline (Sheikh et al., 2024). Paolini Paoletti et al. (2021) cite Jack et al. (2018), stating that Alzheimer's "is the most frequent neurodegenerative disorder evolving to dementia" (section 3, p.4). This disorder is typically detected when someone begins losing their memory or frequently becomes confused, often as they age. **The" Deposition of aggregated amyloid β (Aβ) peptide is considered the main cause of AD" (Ross, 1999, as cited in Paolini Paoletti et al., 2021, section 3.2, p.6), but it can also be a consequence of bad genetics.** In addition, this neurodegenerative disorder can evolve into other major health problems when it coexists with diseases like small vessel disease (SVD) (Paolini Paoletti et al., 2021). This mix of cerebrovascular disorders has been associated with an increased risk of developing diabetes and hypertension in midlife (Paolini Paoletti et al., 2021). These health concerns typically emerge as people age and their immune systems start to decline. Ultimately, AD robs individuals of their ability to remember, think critically, and function independently.

Body paragraph 1 *presents all the information about the first topic.*

Topic sentence

- Point 1: symptoms
- Point 2: **causes**
- Point 3: co-existing conditions

Concluding sentence

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Unlike Alzheimer's, Parkinson's disease (PD) disease mostly affects movement and motor functions. This neurodegenerative disorder is "characterized by motor symptoms like tremor and rigidity" (Sheikh et al., 2024, section 3.2, p.6). Healthcare practitioners may suspect Parkinson's when a patient exhibits unusual physical symptoms, such as spasms or involuntary movements that differ from their normal movements. **In contrast to Alzheimer's, Parkinson's is often linked to disorders like vascular dysfunction (Sheikh et al., 2024). As other degenerative disorders, aging and genetic predisposition are also significant risk factors for Parkinson's (Sheikh et al., 2024).** Furthermore, PD can present additional risk factors when combined with another health condition. Sheikh et al. (2024) explain that hypertension, diabetes, and dyslipidemia may have a link with Parkinson's. Thus, while Alzheimer's primarily impairs cognitive function, Parkinson's disease predominantly affects physical movement and coordination.

Body paragraph 2

presents all the information about the second topic.

Topic sentence

- Point 1: symptoms
- Point 2: **causes**
- Point 3: co-existing conditions

Concluding sentence

To conclude, while Parkinson's disease mainly affects motor skills and mobility, and Alzheimer's leads to cognitive decline, both disorders involve the devastating impacts related to neurodegeneration. Parkinson's manifests through motor dysfunction, whereas Alzheimer's results in cognitive impairment and memory loss. **Addressing these diseases requires ongoing research, advancements in treatment, and increased public awareness to support affected individuals and their families effectively.**

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References

Paolini Paoletti, F., Simoni, S., Parnetti, L., & Gaetani, L. (2021). The contribution of small vessel disease to neurodegeneration: Focus on Alzheimer's disease, Parkinson's disease, and multiple sclerosis. *International Journal of Molecular Sciences*, 22, 4958. https://doi.org/10.3390/ijms22094958

Sheikh, A. M., Manos, T., Tabassum, S., & Nagai, A. (2024). The role of the vascular system in degenerative diseases: Mechanisms and implications. *International Journal of Molecular Sciences*, 25(4), 2169. https://doi.org/10.3390/ijms25042169

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