

Exploring Biomarkers for Early Detection of Neurodegenerative Disorders

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ABSTRACT

Objective: Neurodegenerative disorders, including Alzheimer's disease, Parkinson's disease, and amyotrophic lateral sclerosis, present significant challenges due to their progressive nature and the lack of definitive early diagnostic methods. Biomarkers have emerged as essential tools for early detection, enabling timely intervention and personalized treatment strategies. **Methods:** This review explores recent advancements in biomarker research, emphasizing genetic, proteomic, metabolic, and imaging-based markers. It examines cerebrospinal fluid (CSF) and blood-based biomarkers, such as amyloid-beta, tau proteins, and neurofilament light chain. Additionally, innovative techniques like liquid biopsy and artificial intelligence-driven biomarker discovery are discussed. **Results:** The study highlights the potential of biomarkers in revolutionizing early diagnosis and patient management. Despite significant progress, challenges remain in biomarker validation, standardization, and clinical translation. The integration of biomarkers into clinical practice can improve diagnostic accuracy and facilitate the development of neuroprotective therapies. **Novelty:** This review underscores the importance of multi-modal biomarker approaches and the application of machine learning algorithms to enhance diagnostic precision and predictive capabilities. The combination of traditional and emerging biomarker technologies holds promise for transforming neurodegenerative disease diagnostics and treatment strategies.

INTRODUCTION

Alzheimer's disease (AD), Parkinson's disease (PD), amyotrophic lateral sclerosis (ALS), and Huntington's disease (HD) are among a series of degenerative disorders that exhaust the world health front. Progressive neuronal degeneration resulting in cognitive decline, motor impairment and loss of independent function are key feature of these disorders. With an increasing prevalence that subsequently negatively affects the healthcare systems and caregivers, the prevalence of neurodegenerative diseases in an aging population is on the rise.

For the management of these disorders the importance of early detection is essential because intervention at a preclinical stage may slow disease progression and improve patients outcomes. The prevalence of biomarkers in the detection of disease onset, disease progression monitoring, optimization of therapeutic strategy, is pivotal. Such advanced detection of the disease using traditional diagnostic methods (i.e. clinical assessments and neuroimaging), commonly occurs at a time when irreversible neuronal damage has already occurred. Since, therefore, there are pressing needs for such reliable, non-invasive

and cost effective biomarkers, which could enable early diagnosis, monitoring disease progression and evaluation of therapy effect, we postulate that the epididymis comprises a potential new source for disease indicator biomarkers.

This review covers recent progress in biomarker research for neurodegenerative disorders, particularly in early detection, their possible use in clinical contexts and challenges in validation, and implementation.

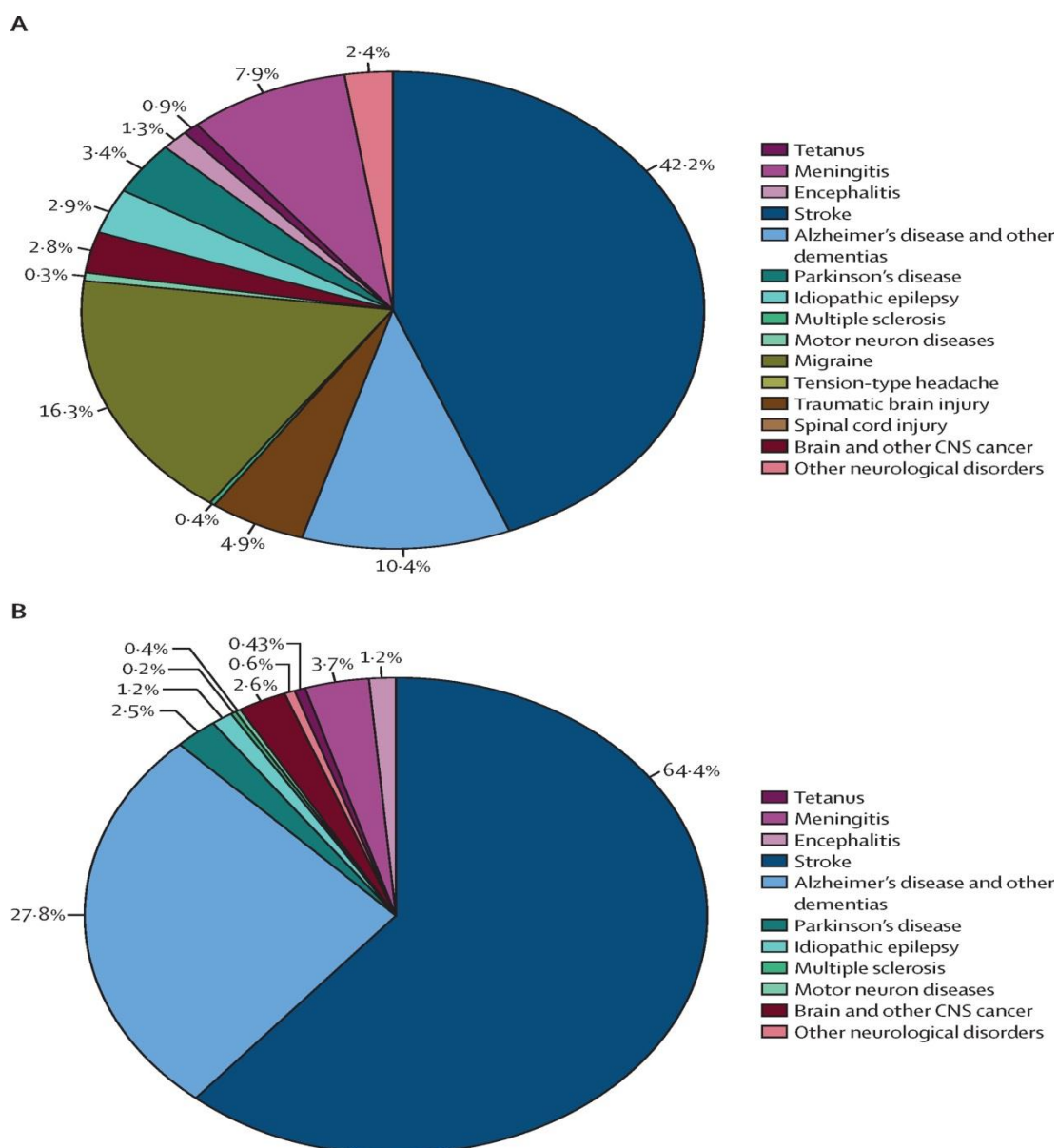


Figure 1. Global Burden of Neurodegenerative Disorders.

Description:

Shown in this figure is the global impact and prevalence of major neurodegenerative diseases including Alzheimer's disease (AD), Parkinson's disease (PD), amyotrophic lateral sclerosis (ALS), and Huntington's disease (HD). Within its structure are statistical data on the number an affected individuals, the distribution, and projected trend with aging population. It also presents a socioeconomic burden,

healthcare costs, and mortality rates of these disorders. The figure is meant to emphasise the need for early detection and better treatment strategies to prevent the devastating impact on global health.

1. Types of Biomarkers in Neurodegenerative Disorders

Neurological deterioration in patients leads to ongoing deterioration of neural tissue elements which produces intellectual and motor skill degeneration. Biomarkers play a critical role in two main applications - the early identification of diseases and in tracking disease advancement as well as measuring how treatments work. Biomarkers exist in three distinct forms which include molecular along with imaging as well as physiological types. Molecular biomarkers, particularly protein-based biomarkers, have gained significant attention due to their role in disease pathology and potential for early diagnosis.

1.1. Molecular Biomarkers

Molecular biomarkers include proteins, nucleic acids, metabolites, and other molecules that reflect pathological changes in neurodegenerative diseases. Protein-based biomarkers are among the most studied, as they are directly linked to the misfolded and aggregated proteins that drive neurodegeneration.

1.1.1. Amyloid-beta (A β) and Tau Proteins (Alzheimer's Disease)

Amyloid-beta (A β):

- a. A β is a peptide derived from the amyloid precursor protein (APP) through cleavage by β -secretase and γ -secretase.
- b. Accumulation of A β in the brain forms extracellular amyloid plaques, a hallmark of Alzheimer's disease (AD).
- c. Cerebrospinal fluid (CSF) analysis shows reduced levels of soluble A β 42 in AD patients, as A β gets sequestered into plaques.
- d. Blood-based assays for A β 42/40 ratio are emerging as less invasive diagnostic tools.

Tau Protein:

- a. Tau is a microtubule-associated protein that stabilizes neuronal cytoskeletons.
- b. In AD, hyperphosphorylated tau aggregates into neurofibrillary tangles (NFTs), contributing to neuronal dysfunction.
- c. Elevated levels of phosphorylated tau (p-tau) in CSF and plasma correlate with disease severity and progression.
- d. Emerging positron emission tomography (PET) tracers can visualize tau deposits in the brain.

Together, A β and tau biomarkers are used to define AD pathology and differentiate it from other dementias. The combination of low CSF A β 42 and high CSF p-tau or total tau provides high diagnostic accuracy for AD.

1.1.2. Alpha-Synuclein (Parkinson's Disease and Related Disorders)

Alpha-synuclein (α -syn):

- a. A small synaptic protein implicated in synaptic plasticity and neurotransmitter release.
- b. Misfolded α -syn aggregates into Lewy bodies, a pathological hallmark of Parkinson's disease (PD) and other synucleinopathies like dementia with Lewy bodies (DLB) and multiple system atrophy (MSA).
- c. CSF levels of α -syn show variable changes in PD, often presenting as reduced total α -syn but increased oligomeric and phosphorylated forms.
- d. Skin and salivary gland biopsies have been explored for detecting α -syn in peripheral tissues.
- e. Real-time quaking-induced conversion (RT-QuIC) assays have enhanced α -syn detection in biofluids, improving diagnostic sensitivity for synucleinopathies.

1.1.3. Neurofilament Light Chain (NfL) – A General Biomarker for Neurodegeneration

Neurofilament light chain (NfL):

- a. The structural protein NfL activates as a component of axonal maintenance in neurons.
- b. The degeneration of neurons leads to NfL release into both CSF and blood samples.
- c. The neurodegenerative diseases Alzheimer's disease (AD) and Parkinson's disease (PD) and atypical parkinsonian syndromes as well as amyotrophic lateral sclerosis (ALS) show elevated NfL levels.
- d. The levels of NfL show a direct connection to cognitive decline in patients who have Alzheimer's disease.
- e. The levels of NfL protein are higher in patients with progressive supranuclear palsy (PSP) and corticobasal degeneration (CBD) than in typical Parkinson's disease (PD).
- f. The presence of Amyotrophic lateral sclerosis (ALS) produces one of the highest reliable biological markers that displays motor neuron deterioration.
- g. Neuroinflammation within MS together with disease progression in patients shows clear indications through measurement of NfL levels.
- h. People can now follow neurodegeneration processes through minimally invasive blood-based NfL tests.

1.1.4. Genetic Markers in Neurodegenerative Disorders

Neurodegenerative diseases require genetic markers to investigate their molecular and inherited root causes. Gene mutations together with polymorphisms increase a person's susceptibility to develop three degenerative disorders: AD, PD and HD. Risk assessment alongside early diagnosis needs these markers to help researchers develop targeted therapies.

Apolipoprotein E (APOE) ϵ 4 Allele – A Genetic Risk Factor for Alzheimer's Disease

- a. Through its genetic role APOE produces apolipoprotein E that participates in neuronal repair and functions as a cholesterol metabolism lipid transport protein.

- b. The $\epsilon 4$ allele of APOE stands as the most powerful established genetic element for developing late-onset Alzheimer's disease (AD).
- c. A person who has one copy of APOE $\epsilon 4$ faces a 3-4 times elevated likelihood to develop Alzheimer's disease.
- d. The individuals with homozygous $\epsilon 4/\epsilon 4$ allele experience a 12-15 times increased risk for Alzheimer's disease.
- e. Research shows that APOE $\epsilon 4$ creates higher amyloid-beta ($A\beta$) levels which worsens neuroinflammation and damages the synapses in the brain.
- f. APOE $\epsilon 4$ works as a risk factor yet it does not determine the necessity of developing AD.

Routine clinical diagnosis of AD through APOE variant assessment remains limited because genetic testing produces results that carry both ethical and psychological risks for patients.

LRRK2 and SNCA Mutations – Genetic Links to Parkinson's Disease

Leucine-rich repeat kinase 2 (LRRK2) Mutations:

- a. LRRK2 mutations are among the most common genetic causes of Parkinson's disease (PD), particularly in familial and some sporadic cases.
- b. The G2019S mutation is the most well-studied, found in 1-2% of PD cases worldwide and up to 40% in certain ethnic groups (e.g., Ashkenazi Jews and North African Berbers).
- c. LRRK2 is involved in neuronal signaling, autophagy, and mitochondrial function. Mutations in LRRK2 can lead to protein aggregation and neurotoxicity.
- d. Due to its role in PD pathology, LRRK2 is a promising target for disease-modifying therapies.

Alpha-synuclein (SNCA) Mutations:

- a. The SNCA gene encodes alpha-synuclein, a protein involved in synaptic function.
- b. Mutations and multiplications of SNCA lead to an overproduction of misfolded alpha-synuclein, resulting in Lewy body pathology seen in PD and dementia with Lewy bodies (DLB).
- c. Point mutations (e.g., A53T, E46K, A30P) and gene duplications/triplications have been identified in early-onset familial PD.
- d. Understanding SNCA mutations has driven research into alpha-synuclein-targeted therapies, including monoclonal antibodies and small-molecule inhibitors.
- e. Huntingtin (HTT) Gene Mutations – The Genetic Basis of Huntington's Disease
- f. Huntington's disease (HD) is a fully penetrant, autosomal dominant disorder caused by a trinucleotide (CAG) repeat expansion in the HTT gene.
- g. The normal HTT gene contains 10-35 CAG repeats, but in HD patients, the repeat expands beyond 36, leading to mutant huntingtin protein (mHTT) aggregation and neuronal toxicity.
- h. Longer CAG repeats correlate with earlier disease onset and more severe progression.

- i. 36-39 repeats: Incomplete penetrance (some may not develop symptoms).
- j. 40+ repeats: Full penetrance, leading to inevitable disease onset.
- k. 60+ repeats: Early-onset Huntington's disease.

HTT gene testing is used for:

- a. Diagnostic confirmation in symptomatic individuals.
- b. Presymptomatic genetic counseling in at-risk individuals.
- c. Prenatal and preimplantation genetic diagnosis for family planning.
- d. Therapeutic developments:
- e. Gene-silencing approaches like antisense oligonucleotides (ASOs) (e.g., tominersen) are being tested to reduce mutant huntingtin levels and slow disease progression.

1.1.5 Metabolomic Biomarkers in Neurodegenerative Disorders

Metabolomic biomarkers provide crucial insights into the biochemical alterations associated with neurodegenerative diseases. These biomarkers reflect changes in metabolic pathways related to disease onset and progression, offering potential targets for early diagnosis and therapeutic intervention. By analyzing metabolic changes in cerebrospinal fluid (CSF), blood, and urine, researchers can identify specific patterns associated with neurodegeneration.

RESEARCH METHOD

This research methodology follows a systematic approach to explore biomarkers associated with neurodegenerative disorders, such as Alzheimer's disease, Parkinson's disease, and Amyotrophic Lateral Sclerosis (ALS). The primary focus is on identifying molecular, proteomic, metabolic, and imaging-based biomarkers involved in early detection and disease progression monitoring. Data is gathered through a literature review of recent studies on biomarkers in Cerebrospinal Fluid (CSF), blood, and innovative techniques such as liquid biopsy and artificial intelligence-driven biomarker discovery. Additionally, challenges related to biomarker validation, standardization, and clinical translation are discussed. The aim of this study is to provide a comprehensive overview of recent advancements in biomarker use for early diagnosis and the development of more effective neuroprotective therapies.

RESULTS AND DISCUSSION

Key Metabolomic Biomarkers in Neurodegenerative Disorders

1. Lipid Metabolism Alterations

Lipids play a critical role in neuronal function, membrane integrity, and myelination. Dysregulation in lipid metabolism has been observed in several neurodegenerative disorders:

1.1 Alzheimer's Disease (AD):

- a. Reduced phosphatidylcholine and phosphatidylethanolamine levels in CSF and plasma.
- b. Increased oxidized lipids (e.g., isoprostanes) linked to oxidative stress.

- c. Altered sphingolipid and ceramide metabolism, which contributes to amyloid-beta toxicity.

1.2 Parkinson's Disease (PD):

- a. Dysregulation of dopaminergic lipid pathways (e.g., reduced polyunsaturated fatty acids (PUFAs) in the brain).
- b. Increased levels of lysophosphatidylcholine, associated with neuroinflammation and mitochondrial dysfunction.

1.3 Amyotrophic Lateral Sclerosis (ALS):

Elevated triglycerides and free fatty acids, reflecting altered energy metabolism and increased oxidative stress.

2. Amino Acid Metabolism Disruptions

Amino acids are essential for neurotransmitter synthesis and cellular energy production. Changes in amino acid profiles in CSF and blood are common in neurodegenerative disorders:

2.1 Alzheimer's Disease (AD):

- a. Decreased glutamate and aspartate levels in CSF, affecting synaptic transmission.
- b. Reduced branched-chain amino acids (BCAAs), linked to impaired protein synthesis and mitochondrial dysfunction.

2.2 Parkinson's Disease (PD):

- a. Altered tryptophan metabolism, affecting serotonin synthesis and mood regulation.
- b. Increased homocysteine levels, associated with neurotoxicity and vascular damage.

2.3 Huntington's Disease (HD):

- a. Reduced taurine and aspartate levels, impacting neurotransmitter balance.
- b. Altered kynurenine pathway metabolism, leading to excitotoxicity and neuronal death.

3. Neurotransmitter Metabolism Changes

Neurotransmitter imbalances are a hallmark of neurodegenerative diseases and are reflected in metabolic changes:

3.1 Alzheimer's Disease (AD):

- a. Decreased acetylcholine levels, due to reduced choline metabolism.
- b. Elevated glutamate levels, leading to excitotoxicity and synaptic dysfunction.

3.2 Parkinson's Disease (PD):

- a. Decreased dopamine metabolites (e.g., homovanillic acid) in CSF and blood, correlating with disease severity.
- b. Altered monoamine metabolism, affecting serotonin and norepinephrine pathways.

3.3 Amyotrophic Lateral Sclerosis (ALS):

- a. Increased glutamate levels in CSF, contributing to excitotoxic neuronal damage.
- b. Altered GABA metabolism, affecting motor neuron inhibition.

3.4 Clinical Applications of Metabolomic Biomarkers:

- Early Disease Detection: Changes in metabolic profiles can serve as early indicators of neurodegeneration before clinical symptoms appear.
- Disease Progression Monitoring: Tracking metabolic changes over time helps assess disease severity and response to treatment.
- Personalized Medicine: Metabolomic profiling enables the identification of patient-specific metabolic patterns, guiding targeted therapeutic interventions.

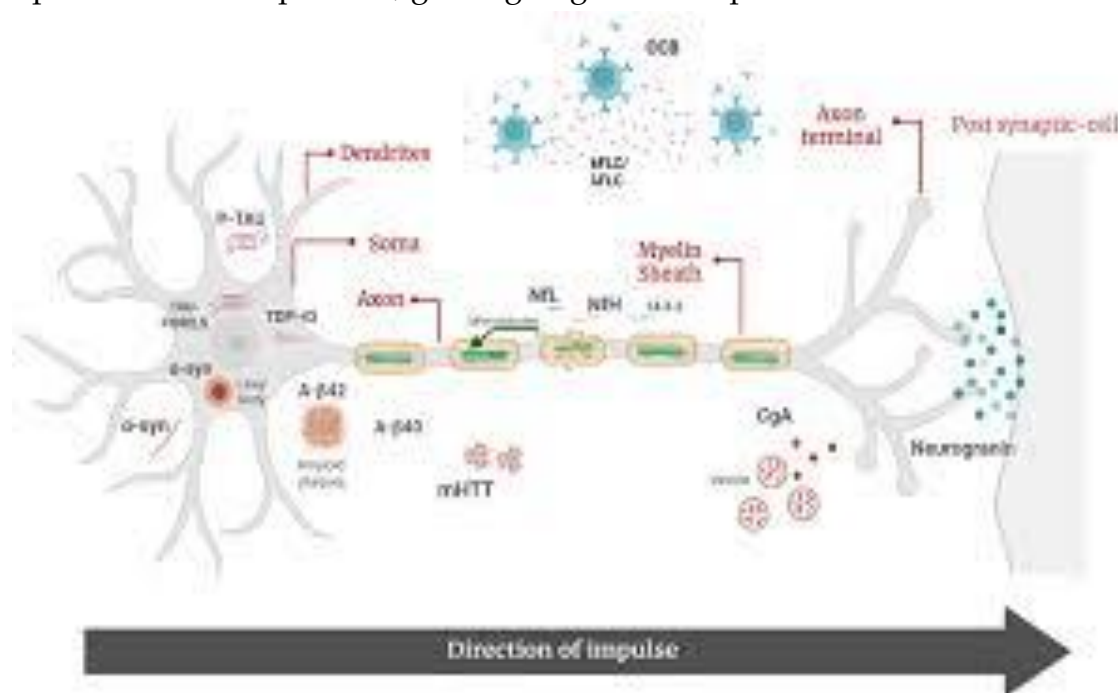


Figure 2. Key Molecular Biomarkers in Neurodegenerative Diseases.

Description:

The Figure 2 presentation shows significant molecular biomarkers that appear in different neurodegenerative diseases. Biomarkers receive their classifications according to their connection with different diseases such as Alzheimer's disease and Parkinson's disease and Huntington's disease and amyotrophic lateral sclerosis (ALS). The central proteins beta-amyloid ($A\beta$) and tau receive special attention because of their Alzheimer's disease connection through aggregation processes which lead to plaque development. Alpha-synuclein stands as the primary biomarker for Parkinson's disease according to the diagram since it accumulates inside Lewy bodies. The figure shows mutant huntingtin protein as Huntington's disease indicates a primary pathological marker that also features TDP-43 and superoxide dismutase 1 (SOD1) as biomarkers of ALS. Multiple neurodegenerative disease progressions link to inflammatory biomarkers and oxidative stress biomarkers which the figure clearly demonstrates. The extensive summary reveals information about cellular degeneration mechanisms which helps researchers develop diagnoses and treatment methods.

4. Clinical Applications and Challenges

4.1 Biomarker-Based Diagnostic Tools

Current Applications:

Early detection and diagnosis of neurodegenerative diseases have experienced significant advances because of biomarker-based diagnostic tools. The U.S. Food and Drug Administration (FDA) has approved multiple biomarker diagnostic tools for Alzheimer's disease at present. Beta-amyloid ($A\beta$) and phosphorylated tau (p-tau) proteins serve as the main targets for biological markers that test both blood and cerebrospinal fluid (CSF). PET imaging represents a clinically established technique that utilizes radionuclide-labeled tracers to view amyloid plaques and tau-tangled regions in the brain through visualization. Advanced diagnostic tools help physicians make exact medical assessments at an earlier stage so patients can start receiving timely treatments along with better care.

Future Potential:

The progress in biomarker research will expand from Alzheimer's disease to diagnose additional neurodegenerative disorders including Parkinson's disease Huntington's disease, and amyotrophic lateral sclerosis (ALS). Researchers are presently analyzing alpha-synuclein from blood samples as a Parkinson's diagnostic marker while neurofilament light chain (NfL) from blood shows potential as an ALS diagnostic marker. The incorporation of machine learning and artificial intelligence into biomarker analysis will increase diagnostic precision through identification of differences among related neurodegenerative diseases. The current developments toward biomarker testing face continued obstacles in building standardized evaluation techniques which maintain affordability and accessibility for healthcare facilities serving underprivileged communities.

4.2 Challenges and Limitations**Standardization:**

Biomarker research making progress in Alzheimer's disease diagnosis can now extend to identify neurodegenerative diseases such as Parkinson's disease Huntington's disease and amyotrophic lateral sclerosis (ALS). Scientists currently evaluate alpha-synuclein from blood tests to determine Parkinson's disease while blood tests measuring NfL highlights its potential to identify ALS. Machine learning together with artificial intelligence in biomarker analysis increases diagnostic precision by identifying distinct features of related neurodegenerative diseases. At present the biomarker testing movement encounters multiple barriers for creating standardized diagnostic approaches despite remaining affordable and accessible to underprivileged healthcare communities.

Ethical Concerns:

The use of biomarkers for early diagnosis, especially in asymptomatic individuals, raises several ethical issues. Patients face serious ethical risks when biomarkers reveal their potential for developing neurodegenerative conditions because these results expose their genetic information. Patient data confidentiality protection serves as a necessary condition to prevent workplace discrimination by employers as well as insurance discrimination and other forms of bias. Diagnosis at early stages of a disease which cannot be cured may cause psychological challenges that generate anxiety together with

depression as patients make life-altering decisions. Medical ethicists need to create frameworks which offer proper psychological help to patients getting biomarker tests.

Cost and Accessibility:

PET scans and sophisticated blood tests are difficult to implement because of their prohibitive prices which prevent widespread usage. The limited availability of financial resources together with insufficient healthcare infrastructure hinders routine biomarker testing implementation in numerous healthcare systems which primarily affect territories classified as low- or middle-income countries. Developing accessible biomarker tests that avoid invasive procedures remains important because it helps maintain diagnosis equality between all patients who go beyond economic and geographical boundaries. The public healthcare system can benefit from biomarker testing integration because this will lead to enhanced early intervention programs and better overall results.

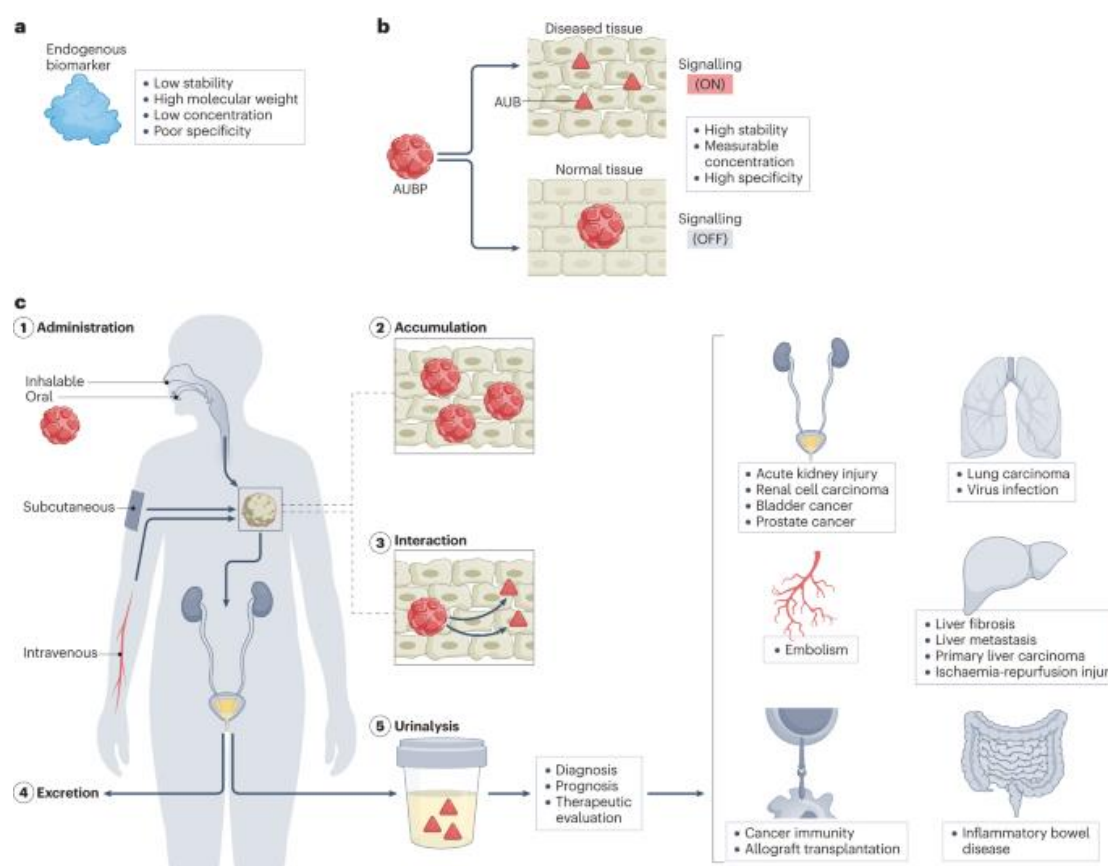


Figure 3. Chart showing barriers to widespread adoption of biomarker diagnostics.

The principal obstacles restricting biomarker-based diagnostic adoption for neurodegenerative diseases appear in Figure 3. These barriers exist within three major sections as shown by the diagram.

1. The technical barriers stem from insufficient standardization in biomarker collection protocols and storage methods and analysis techniques while biomarker

- validation faces challenges between different patient groups and healthcare facilities.
2. The categories of ethical and psychological barriers address genetic privacy issues and biomarker misuse along with the psychological distress which affects individuals diagnosed early in their disease progression.
 3. Society faces economic obstacles and access problems in biomarker testing because biomarker examination devices are expensive and medical equipment such as PET scans along with specialized blood tests have limited dissemination in resource-constrained environments while requiring extensive implementation within public healthcare structures.

The figure visually underscores the relative impact of each barrier through proportionate sections or bars, providing a comprehensive overview of the multifaceted challenges that must be addressed to achieve equitable and effective use of biomarker diagnostics in clinical practice.

5. Future Directions

The development of biomarker-based diagnostics and treatments for neurodegenerative diseases is progressing rapidly, offering new opportunities for improving patient care. Future advancements are likely to focus on three key areas: personalized medicine, therapeutic monitoring, and collaborative research.

5.1 Personalized Medicine

There exists a system of customized healthcare known as personalized medicine that forms medical approaches around a person's individual biomarker information. The approach delivers precise treatment methods because it takes into account disease-related molecular processes that influence individual patients. The therapeutic approach of personalized medicine for Alzheimer's and Parkinson's disease involves:

The early detection of disease risk or progression at the preclinical stage depends on identifying specific biomarker patterns that include beta-amyloid together with tau levels.

Medical practitioners should create specialized therapeutic approaches for patients displaying particular biomarker characteristics that optimize therapeutic response and reduce adverse drug reactions.

The utilization of biomarkers from both gene and environmental factors will both help predict how drugs affect patients so doctors can develop individualized treatment plans.

Alzheimer's disease patients with high amyloid beta levels can benefit from amyloid-targeting therapies even though patients with advanced tau pathologies need separate kinds of treatment. Individualized treatment approaches should lead to superior outcomes and better health quality while decreasing healthcare expenses because they avoid giving ineffective therapies.

5.2 Therapeutic Monitoring

The medical field considers biomarkers as vital diagnostic instruments to measure disease path and therapeutic effectiveness. Clinical staff can monitor disease evolution and analyze treatment response through time-based biomarker assessment. Key applications include:

1. The neurofilament light chain (NfL) marker enables physicians to observe neurodegenerative activity in patients. Medical specialists must review treatment strategies when neuronal damage persists as indicated by elevating NfL biomarker levels.
2. Treatment success measurements based on biomarkers taken at different points during treatment help determine treatment effectiveness. The treatment success rate in Alzheimer's disease can be confirmed through reductions in beta-amyloid plaque formation.
3. The ongoing measurement of biomarkers creates an opportunity for physicians to detect early indications of disease regression or therapeutic failures which leads to prompt adjustments of the treatment plan.
4. Therapeutic monitoring enhances patient care optimization as well as empowers clinical trial development because biomarkers function as substitute measurements to evaluate drug effectiveness.

5.3 Collaborative Research

1. The process to discover and validate new biomarkers needs extensive teamwork between different sectors. The combined international research efforts on biomarkers will help speed up medical advancements through the following three outcomes:
2. Researchers gain more powerful statistical analysis through institutional data sharing which enables them to examine bigger multidimensional datasets.
3. Consistency and reliability gain stability through collaborative development of biomarker collection protocols which standardize research practices in different clinical environments.
4. Academic institutions together with healthcare providers alongside industrial leaders can combine their financial and technological capabilities to drive innovations toward biomarker discovery and diagnostic tool development.
5. Groups from different populations should work together to prove biomarkers work similarly in all types of human groups and various genetic backgrounds.
6. The Alzheimer's Disease Neuroimaging Initiative (ADNI) represents a model framework through which public-private partnerships and international consortia support biomarker research advancement and collaboration development. Roadmap development into clinically usable tools needs these essential efforts to make resources available for support of patients throughout the world.

CONCLUSION

Fundamental Finding : Biomarkers have revolutionized the diagnosis and tracking of neurodegenerative diseases by offering deeper insights into cellular and molecular changes in conditions like Alzheimer's, Parkinson's, and ALS. Advanced techniques, such as spinal fluid analysis, blood tests, and imaging scans, have enhanced medical care by enabling early detection and treatment monitoring without invasive procedures. These tools provide a crucial foundation for improving patient outcomes and refining disease management strategies. **Implication :** The integration of biomarker-based research into clinical practice has significantly improved diagnostic accuracy and treatment effectiveness. However, challenges persist in standardizing biomarker methods, addressing ethical concerns regarding patient privacy, and securing sufficient funding for widespread implementation. Overcoming these barriers will enhance the accessibility and affordability of diagnostic tools, ultimately improving healthcare systems worldwide. **Limitation :** Despite promising advancements, biomarker research still faces limitations related to population variability, validation across diverse demographics, and technical constraints in diagnostic accuracy. The complexity of neurodegenerative diseases requires further studies to refine biomarker reliability and applicability, ensuring that findings are universally relevant and effectively integrated into clinical settings. Addressing these limitations is crucial for achieving consistent and reproducible diagnostic outcomes. **Future Research :** Ongoing biomarker research is vital for advancing personalized medicine and enhancing treatment monitoring in neurodegenerative diseases. Future studies should focus on improving biomarker specificity, developing cost-effective diagnostic tools, and fostering global collaboration to validate findings across different populations. By investing in continuous innovation, the medical field can refine biomarker applications, leading to better disease management and improved patient quality of life.

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