



Dementia : Risk Reduction



Learning Outcomes

Be able to identify risk factors associated with Alzheimer's disease

Explain modifiable risk factors of Alzheimer's disease to patients

Apply this to the 45-49yr health check – as a model for reducing risk in mid life.

Family history- its complicated

Multiple pathologies often play a part

Age 65 - risk is 2% per year

Close relative can increase this risk by 30%

Family history

Dementias with stronger genetic risk

Younger onset familial AD – Autosomal dominant , very rare < 100

Fronto-temporal dementias

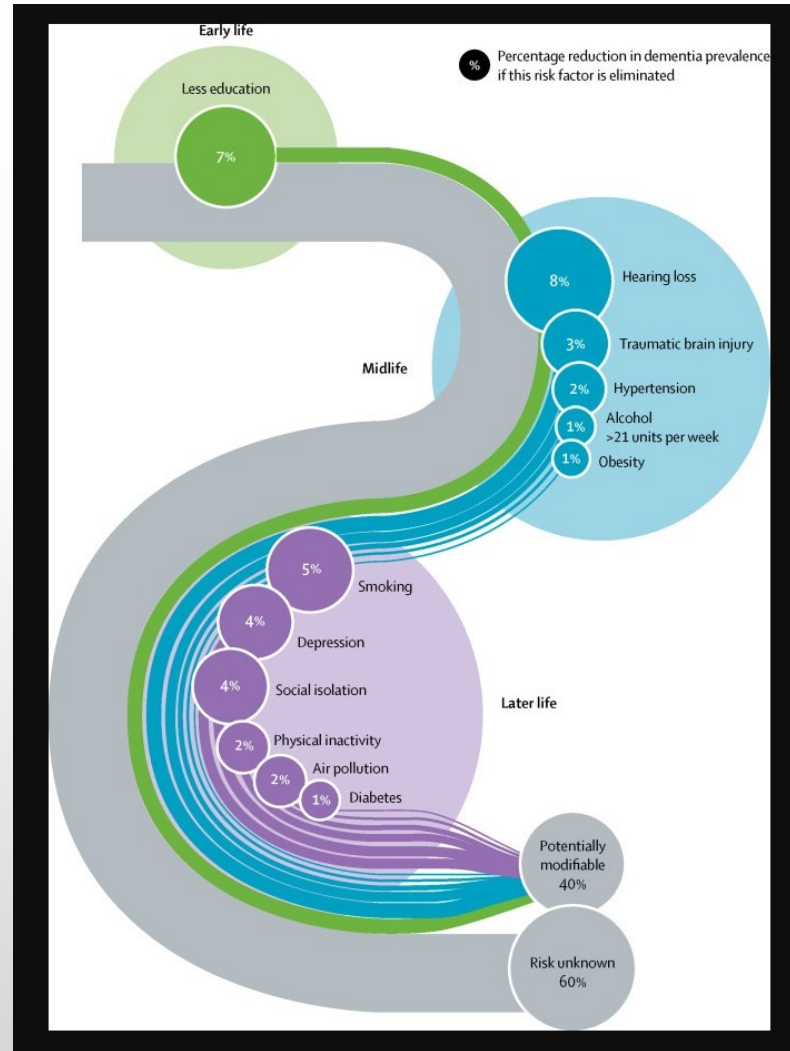
Women and dementia

Women appear to have twice the risk of dementia

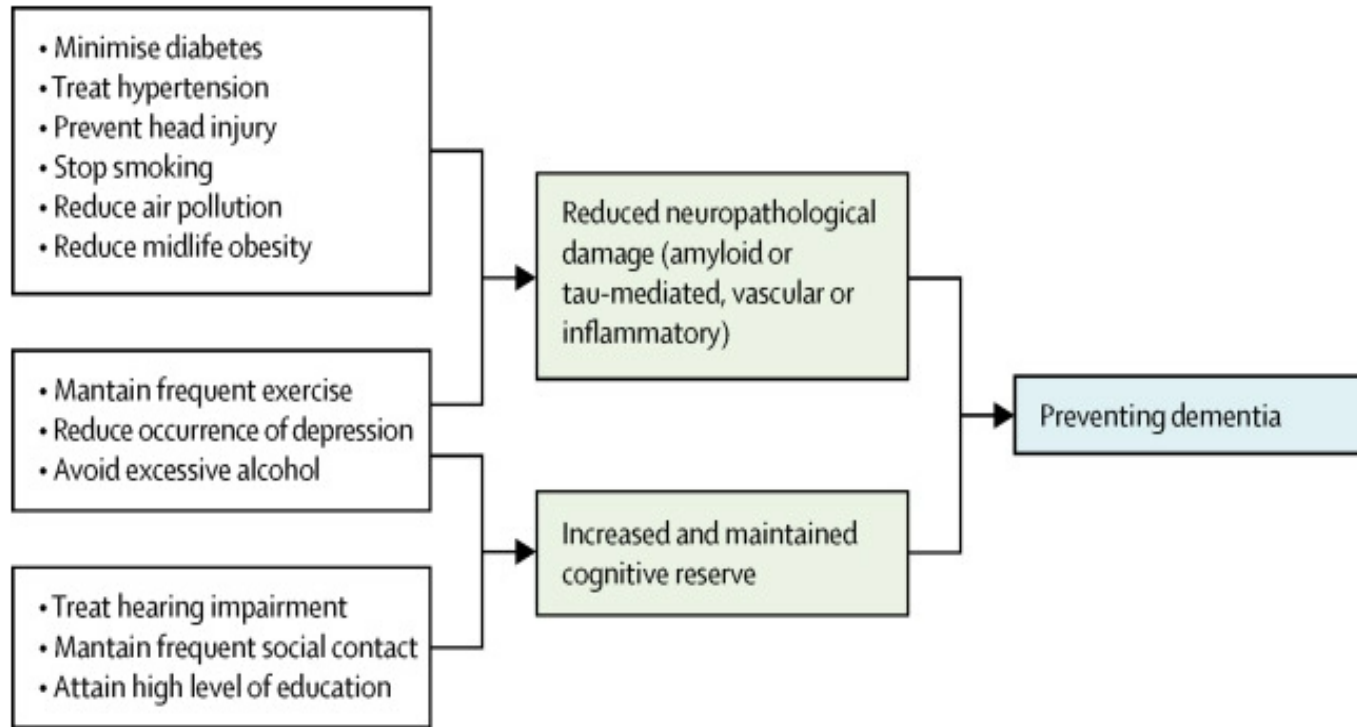
Earlier menopause is a risk factor – role of HRT may be in reducing risk but still not clear

Further studies needed, animal studies suggest a benefit of HRT

Impact of modifiable risk factors



Risk factors and their aetiology



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Figure 2 Possible brain mechanisms for enhancing or maintaining cognitive reserve and risk reduction of potentially modifiable risk factors in dementia



45-49 yr old Health Check

Eligible for people with one risk factor chronic disease

Once only in 5 year period

Ideal time to focus on Mid Life Risk factors



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<https://cogdrisk.neura.edu.au/>

Cognitive Health and Dementia Risk Assessment

CogDrisk uses the latest evidence to help you understand your dementia risk profile. The assessment gives you a personalised report that you can discuss with your doctor and takes approximately 20 minutes to complete.

[Start Assessment](#)



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Physical Activity

Anything better than nothing

Muscle strength twice a week

Break up sitting down

150-300 minutes a week at moderate/vigorous activity

Over 5yrs reduces risk by 30-40%

Diet is complicated

Not in lancet 12 risk factors

WHO do recommend healthy diet, to reduce risk

Mediterranean diet

MIND

DASH

Eat plenty – berries (neuroprotective), green leafy vegetables daily, fish and nuts also , milk, yogurt, cheese, whole grains

Limit – salt, sugar, processed food, cakes, lollies, saturated fats, palm oil

Supplements

Souvenaid

No evidence for this in primary prevention

One trial has shown some benefit in Mild Cognitive Impairment

Cost – better directed at healthy diet?

Emerging...

Trauma – some evidence emerging in veterans that this increases risk

Sleep Apnoea – emerging evidence

Sleep in general – emerging supportive evidence but complex

What about delirium and Drugs?

Not a risk factor

But it is a red flag, and could unmask a dementia

Some drugs worsen cognition

Further education

Understanding Dementia MOOC

<https://www.utas.edu.au/wicking/understanding-dementia>

Preventing Dementia MOOC

<https://www.utas.edu.au/wicking/preventing-dementia>

Think GP webinar – Dementia Risk Reduction Applying evidence to optimise your patients brain health

<https://www.thinkgp.com.au/education/dementia-risk-reduction-on-demand>



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