

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

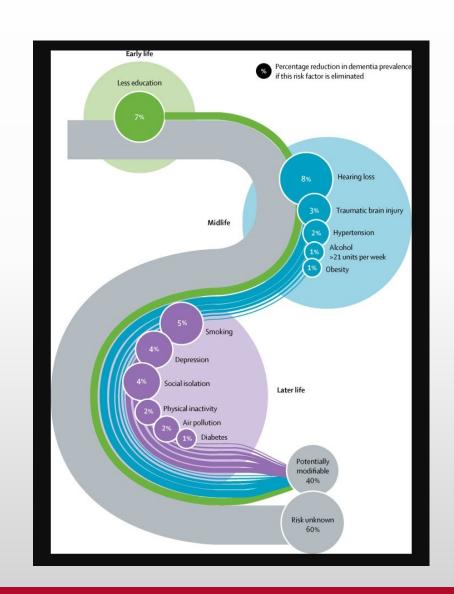
Earlier menopause is a risk factor – role of HRT may be in reducing risk but still not clear

Further studies needed, animal studies suggest a benefit of HRT





Impact of modifiable risk factors







Risk factors and their aetiology

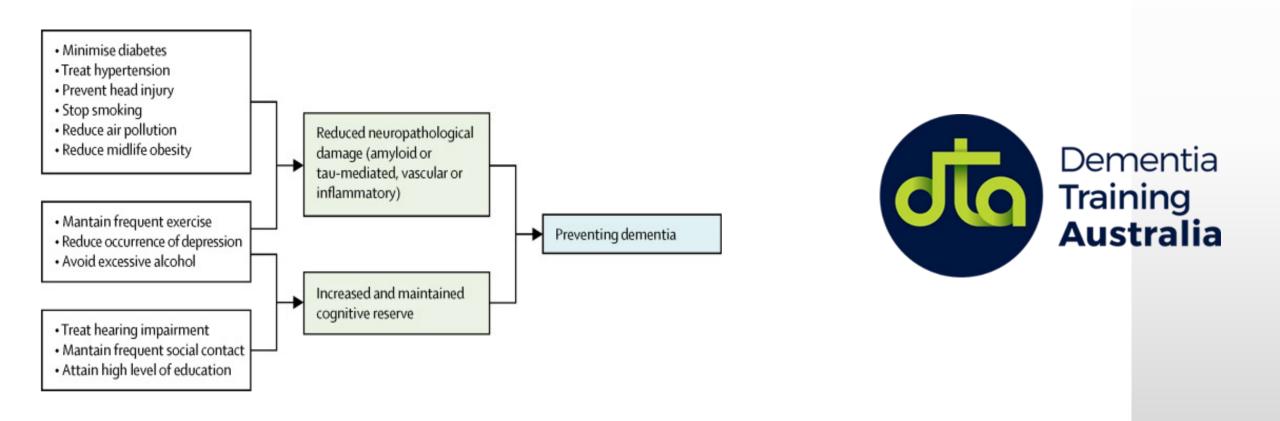


Figure 2 Possible brain mechanisms for enhancing or maintaining cognitive reserve and risk reduction of potentially modifiable risk factors in dementia

https://sapmea.asn.au/echo



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







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



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%





Neuro GP fact Sheets



COGNITIVE HEALTH AND YOU

How

much?



Physical activity & brain health

Physical activity is any movement made by skeletal muscles in your body that uses energy. This includes any incidental activity you might do during the day like housework or gardening, and any planned physical activity, like exercise. Physical activity helps brain health by supporting the brain, strengthening

minutes

brain function and keeping blood vessels in the brain healthy which in turn adds to the growth and survival of brain cells

> **Health Benefits of Physical Activity** 7 reasons why 1. Sleep better 75-150

Aerobic + strength training = better cognitive health in older people.

Tai Chi **Walking Swimming** Golf Yoga **Dancing Cycling** Gardening **Pilates** Running

- you should make physical activity part of your life:
- 2. Less stress and anxiety

Move your

physically active

is important for

our brain health.

body.

Keeping

INFOGRAPHIC

- 3. More energy
- 4. Manage weight 5. Better joint, muscle
- and bone health 6. Better flexibility
- and mobility 7. Less chance of falls and injury





7 conditions that you are less likely to develop because physical activity is part of your life:

- 1. Diabetes
- 2. Stroke
- 3. Hypertension
- 4. High cholesterol 5. Heart disease
- 6. Some cancers
- 7. Depression



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COGNITIVE HEALTH AND YOU



Diet & brain health

Most of us are aware of the links between keeping physically, socially and mentally active so that we keep our brains healthy. But many of us are less aware that what we eat and drink is also important for brain health. We eat a variety of foods in our diet and individual dietary components interact with each other. Because of this scientists are focusing on dietary patterns instead of single dietary factors.

INFOGRAPHIC

Feed your brain.

Eating healthily will reduce your risk of developing cognitive impairment and dementia.

We know that some individual factors like dietary components promote healthy ageing, but we also know that they are most effective when combined with a healthy dietary pattern.

Dietary components

4 dietary components that have important roles in helping to prevent cognitive decline, or sometimes to improve cognitive performance include –









But no single food or dietary component has been shown to prevent cognitive decline. The best thing to do is to include good dietary components in a healthy dietary pattern.

Dietary patterns

A dietary pattern to promote cognitive health should be rich in fruits, vegetables and whole grains and low in saturated fat, refined sugar and salt, like the DASH, MeDi and MIND diets.









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

