

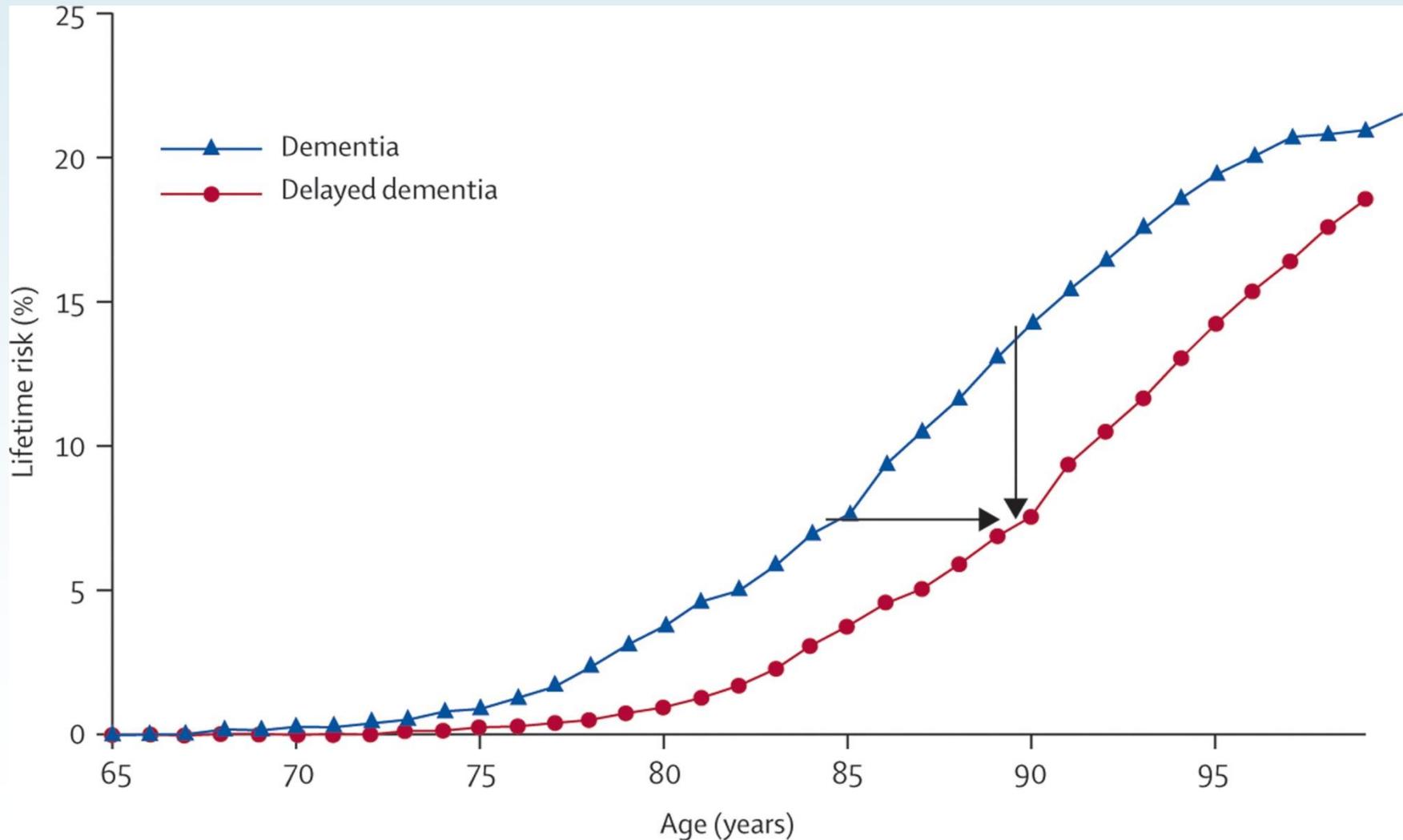
Modifiable risk factors for Dementia

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Delaying dementia



Questions



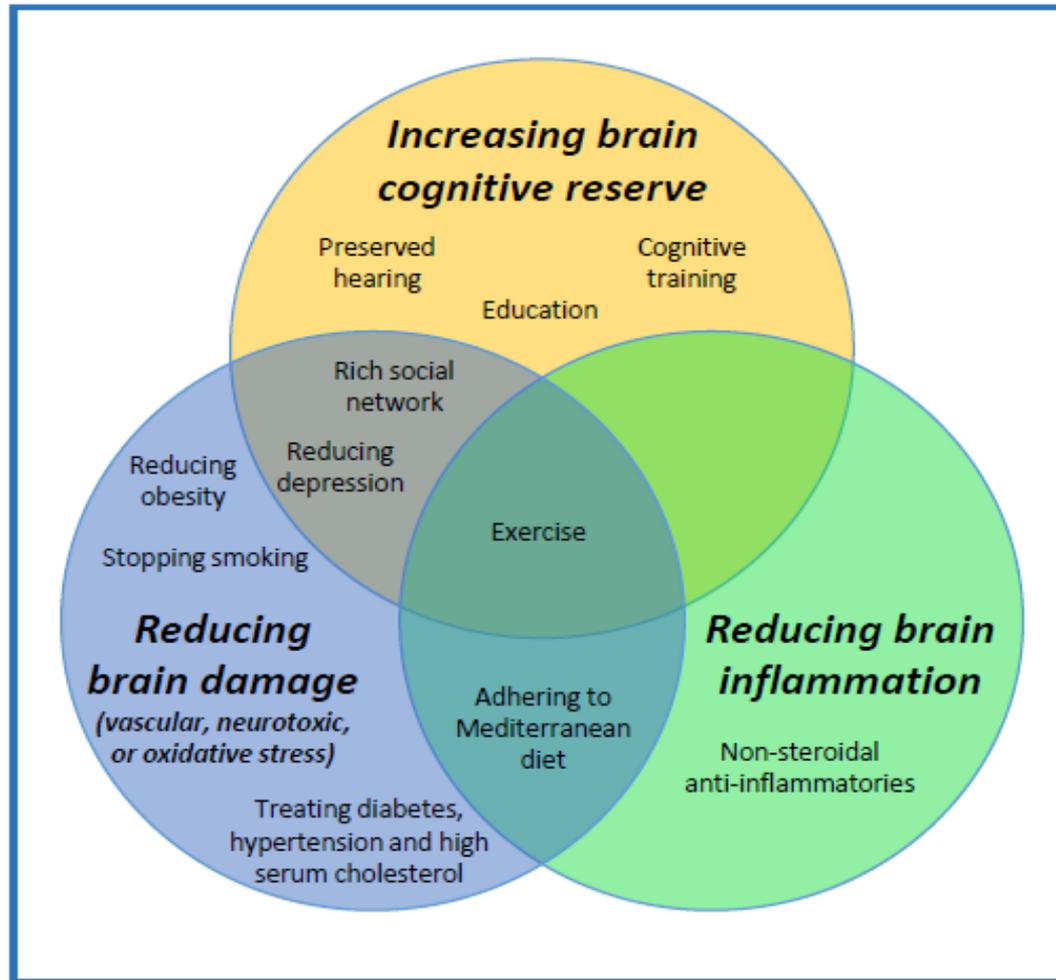
1. What are the potentially modifiable risk factors for dementia?
2. Does modifying risk factors actually change dementia risk?

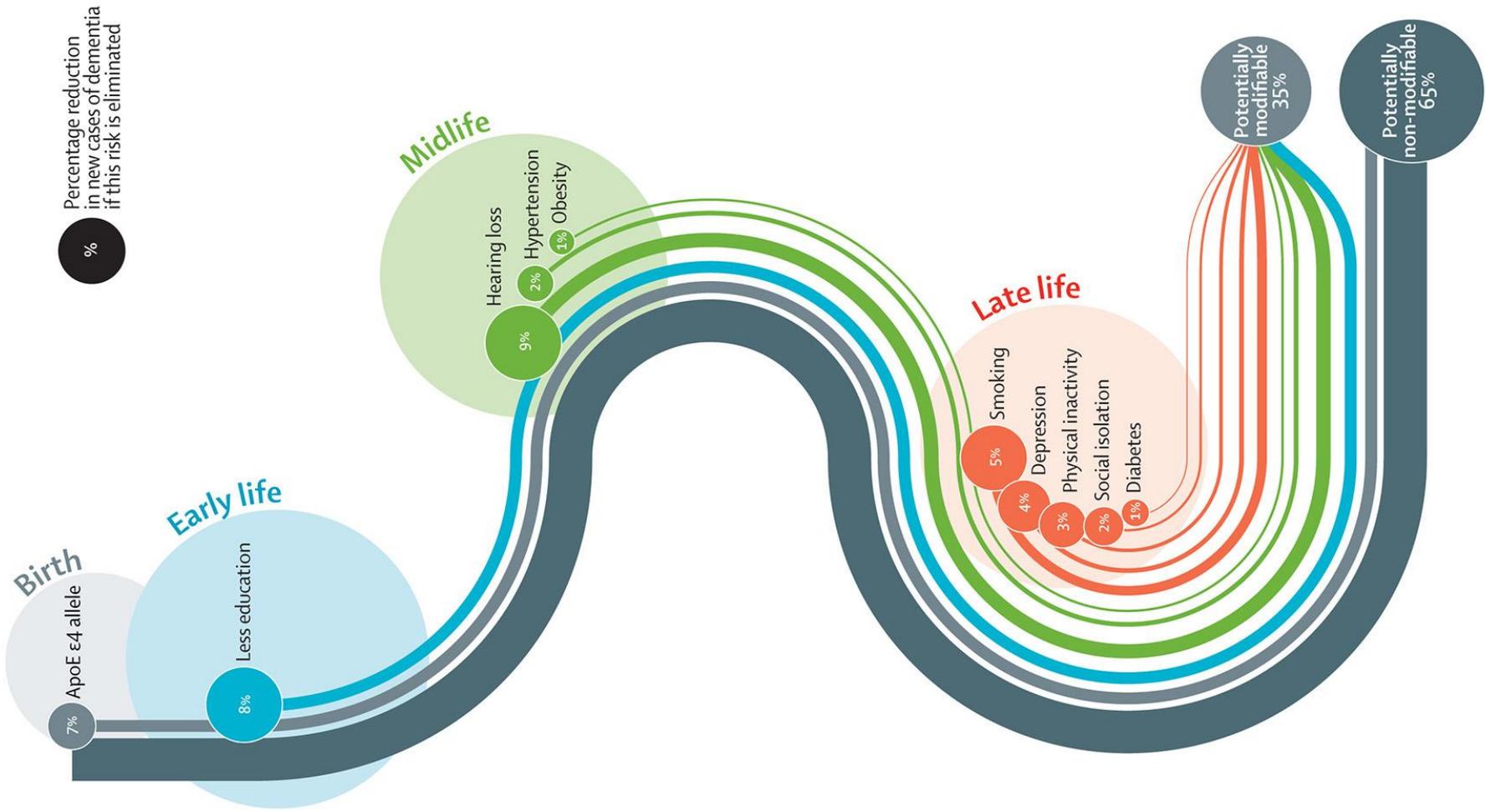
Questions



1. What (and when) are the potentially modifiable risk factors for dementia?

Increased brain reserve and reduced damage



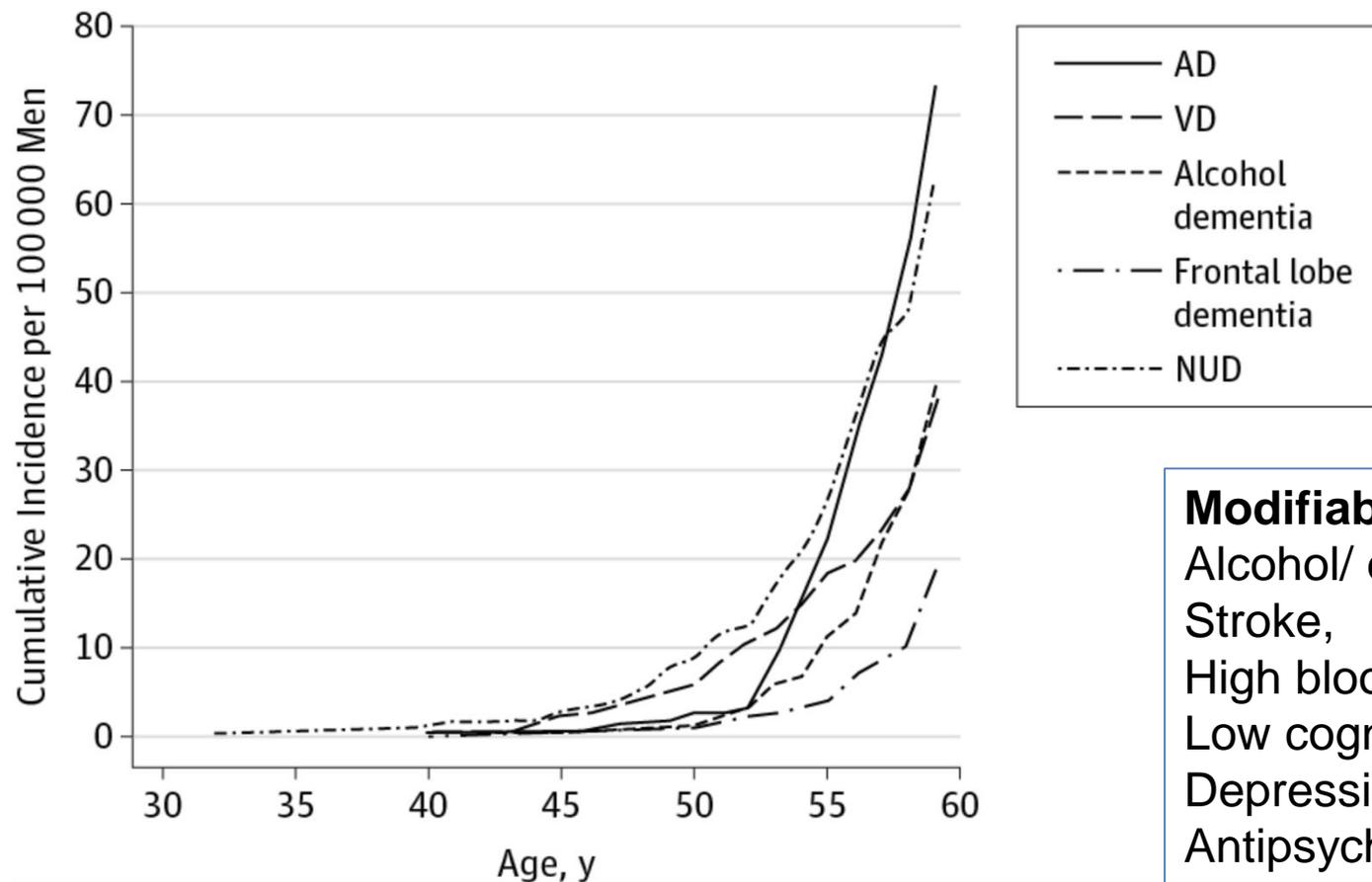


Mild Cognitive Impairment – a high risk group for dementia

- Around 20% of people over 70 have MCI (and 10% have dementia)
- 46% of people with MCI develop dementia within 3 years compared to 3% without MCI.

From: Risk Factors in Late Adolescence for Young-Onset Dementia in Men A Nationwide Cohort Study

JAMA Intern Med. 2013;173(17):1612-1618. doi:10.1001/jamainternmed.2013.9079



Modifiable risk factors:
 Alcohol/ drug use,
 Stroke,
 High blood pressure,
 Low cognitive function
 Depression
 Antipsychotic use

Questions



1. Does modifying risk factors actually change dementia risk?

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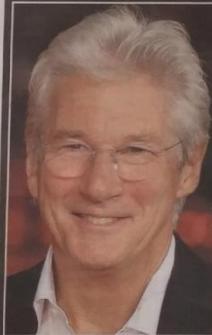
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NEW DIET TO FIGHT DEMENTIA



Growing old gracefully, screen star Richard Gere

Gere at 65...Why I'll never dye my hair

EXCLUSIVE SEE PAGES 32&33

By Laura Holland

A DIET full of everyday foods such as fish and vegetables could help stave off dementia, a major study has found.

The Mediterranean-style diet is likely to cut the risk of developing the disease, according to the latest "comprehensive" research published yesterday. It found that depression, diabetes, heavy drinking and a lack of vitamin B12 all lead to a higher chance of developing dementia.

And it highlighted the potential benefits of foods rich in vitamin B12 in fighting it. Describing the British **TURN TO PAGE 4**

THREE BRITISH SCHOOLGIRLS FLY OUT TO 'JOIN JIHADISTS'

PAGES 6&7

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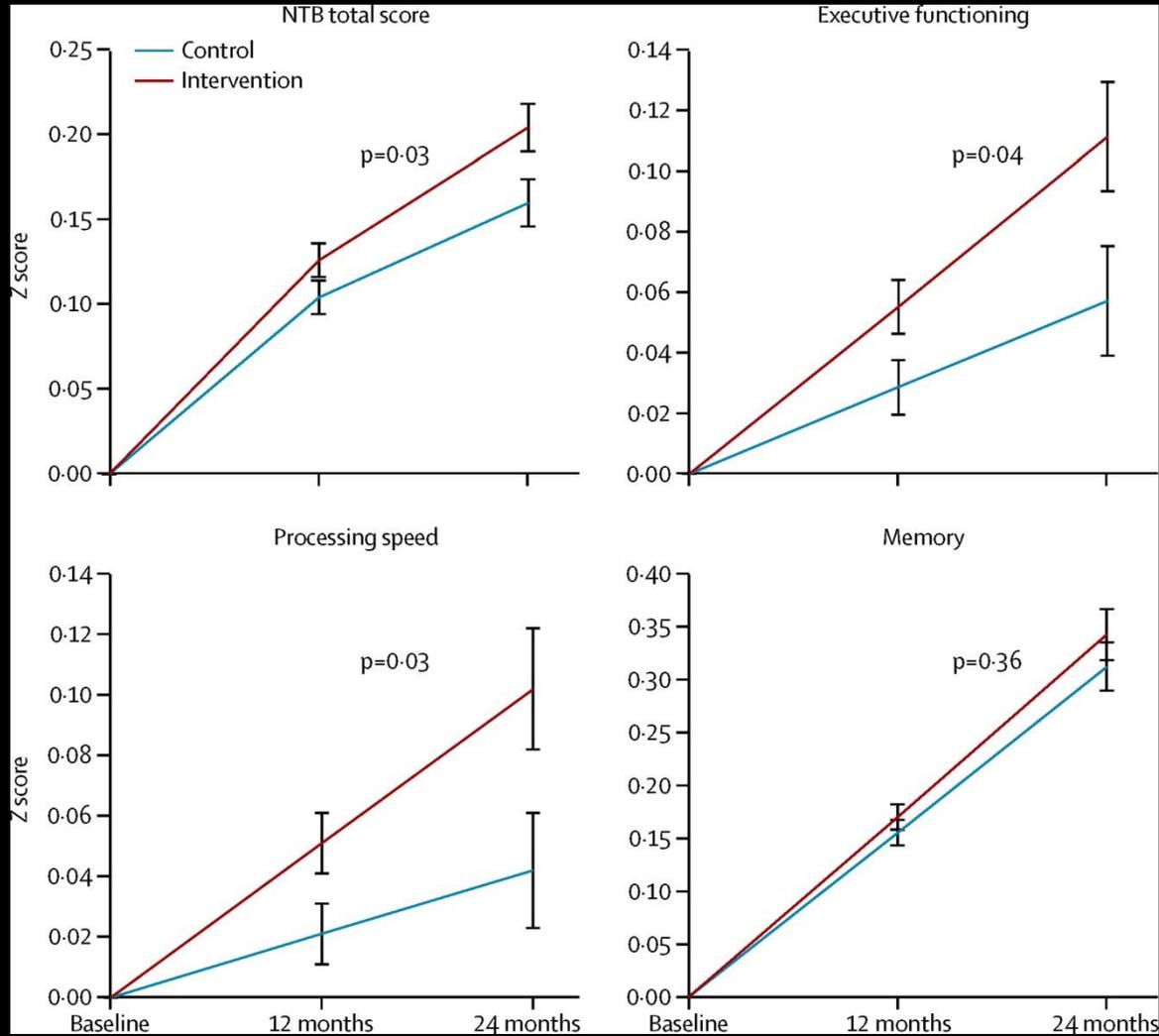
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FINGER trial (Lancet, 2015)

- 1260 people with high vascular risk scores
- Cognition improved with intervention:
 - Diet (3 individual and 7-9 group sessions)
 - Exercise (group and individual)
 - Cognitive training (10 group sessions and individual computerised 3x per week)
 - Regular nurse and physician management of vascular risk factors

Figure 2



What might a future intervention for MCI be like?

- Multimodal
- Cost-effective

Decrease further damage:	Treat vascular risk factors Diet, exercise
Maximise function:	Cognitive/ social stimulation Treat neuropsychiatric symptoms

Cognitive training



- Specific strategies improve specific functions eg memory for specific information
- Effects on general cognition no better than “active controls” (eg discussion groups) for people with
 - No impairment
 - MCI
 - dementia
- Part of some successful multicomponent interventions (eg Buschert, FINGER)

Exercise

- Younger and middle aged people who exercise have better cognition in older age
- Exercise neuroprotects:
 - Releases BDNF
 - Reduces cortisol
- Reduces vascular risk



Exercise



- Exercise did not improve cognition in
 - Healthy older adults (Cochrane, 12 trials)
 - Dementia (but did improve adls) (Cochrane, 9 studies)
- Evidence for MCI inconsistent, in RCT group aerobic exercise no better than relaxation /flexibility control.

Mediterranean diet

- Decreases cognitive decline and reduces risk of Alzheimer's disease
- Lots of vegetables, legumes, fruits, cereals; fish, unsaturated fatty acids (olive oil)
- low intake of saturated fatty acids; dairy products, meat and poultry;
- Regular, moderate wine during meals



Why might Mediterranean diet prevent dementia?

- It is associated with:
 - Lower blood pressure
 - Lower bad cholesterol
 - Less diabetes
 - Lower homocysteine levels (high homocysteine levels linked to heart disease)
- PREDIMED trial (Malaga): trained dieticians gave group and individual advice to people aged 55-80. Reduced heart attacks, stroke and death.

Social support



Feelings of loneliness, not actual social isolation predicted dementia in older people (AMSTEL study)
Larger social networks protected from dementia (US/Swedish studies)

Alcohol



- Heavy alcohol use harmful
- In general population, moderate alcohol consumption might be helpful
- No evidence moderate alcohol use helps people with MCI



Brain food – pilot study

- Five manualised groups
 - Mediterranean diet
 - Exercise
 - Mindfulness
 - Health promotion

You have planted a seed – thank you

“A very lively session in which all participated; we enjoyed trying new foods

very encouraging atmosphere for both of us

Evaluating Brainfood groups for memory service clients

Saba Hassan, Elisa Aguirre, Anna Betz,
Sarah Robertson, Deepak Sankhla,
Claudia Cooper

- 26 (87%) attendees completed baseline measures
- 25 (96%) completed post intervention measures
- 21 (81%) attended at least 3/5 sessions.
- Compared with baseline, participants reported
 - higher life quality (PI + 2 months)
 - higher Mediterranean diet adherence (PI + 2 months)
 - Exercising more (2 months)
- Participants reported enjoying and learning from the groups, and feeling enabled to improve their wellbeing.

Thank you for listening

Any questions?