

IS MILD COGNITIVE IMPAIRMENT ASSOCIATED WITH MORTALITY: DATA FROM THE NEDICES COHORT

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Background: The relation between mild cognitive impairment (MCI) and mortality is controversial

Objective: To evaluate the mortality in the psychometric diagnosed MCI at ten years of the basal NEDICES cohort survey.

Population and Methods: NEDICES is a population-based cohort of the elderly. The mortality of this cohort has been evaluated by means of the National Death Registry of Spain at December 31, 2004. The mortality status was known in 5,211 participants. At baseline, a diagnosis of MCI was psychometrically established in subjects with a MMSE-37 score 1.5 SD below the mean and normal functional status (Pfeffer scale). 294 dementia and 82 doubtful dementia cases were excluded from the MCI diagnoses and analysed separately. Mortality data were analysed with a Cox proportional hazards model, adjusted for potential covariates (age, sex, educational level and an index of co-morbidity).

Main Results: The mortality by Cox analysis at ten years, adjusted for potential covariates, revealed an increased risk of mortality (hazard ratio [HR] = 2.77, CI (95%) 2.37-3.23, $p < 0.001$) in dementia cases ($n=294$) and doubtful dementia cases ($n=82$) [HR = 1.69 (1.26-2.28) $p < 0.001$]. The HR in MCI cases ($n=589$) was not statistically different from the HR of the 4,246 participants without cognitive impairment [HR=0.89 (0.77-1.03)]. When MCI cases were divided in quartiles by its MMSE-37, patients with the two lower quartiles ($n=267$) had a higher risk of mortality [HR = 1.25, CI (95%) 1.02-1.52, $p < 0.05$] than patients ($n=322$) above the second quartile [HR = 0.91(0.75-1.11)].

Conclusion: Only the more severe psychometrically diagnosed MCI cases were associated with increased mortality at ten years in the NEDICES cohort.

No conflict of interests

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