

CAN LIFESTYLE CHOICES PREDICT OUTCOME IN DEMENTIA – YES

Miia Kivipelto

Karolinska Institutet Alzheimer Disease Research Center and Karolinska University Hospital, Stockholm, Sweden

Epidemiological studies indicate that dementia and Alzheimer's disease (AD) are multifactorial disorders with several modifiable risk factors. Various vascular related risk factors especially at midlife (e.g. high blood pressure, cholesterol, obesity, diabetes) have been linked with an increased risk of dementia and AD. On the other hand, lifestyle-related factors including physical, mental and social activities and healthy diet may reduce the risk. Also psychosocial factors (e.g. depression, hopelessness, loneliness, stress) have been indicated as possible risk factors. There are gene-environmental interactions and many environmental factors may have more pronounced effect among the ApoE4 carriers. Multifactorial etiology of AD points the importance of multi-domain interventions (pharmacological and non-pharmacological) to effectively delay dementia onset. There may be critical time window for certain interventions. International collaboration is necessary to initiate future large-scale dementia prevention studies.