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Primary Prevention of Dementia: Focus on Modifiable Risk Factors

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Abstract

Background: Dementia will inevitably increase in the aging world. Moreover, there is no cure for dementia. Therefore, primary prevention is very important. There are several factors possibly and/or certainly influencing dementia risk including non-modifiable and modifiable risk factors. There are evidences that the risk of developing dementia may be reduced by modifiable risk factors.

Lifestyle factors: The strategies are to encourage regular physical and mental exercise in midlife and in late-life. Those include cognitive activity and higher education, mentally demanding occupations or participation in mentally challenging leisure activities, being more socially active, a diet that is low in saturated fat, a diet with lots of fruits and vegetables, smoking cessation, and prevention of head injury, with loss of consciousness.

Chronic disease factors: The strategies are to prevent high blood pressure, especially at midlife, diabetes, high serum cholesterol, especially at midlife, and depression or high depressive symptoms.

Conclusion: It is important to develop a systematic public-health strategy and research specific to primary prevention of dementia in Thailand with the evidence-based medicine.

Keywords: Primary prevention, Dementia

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