

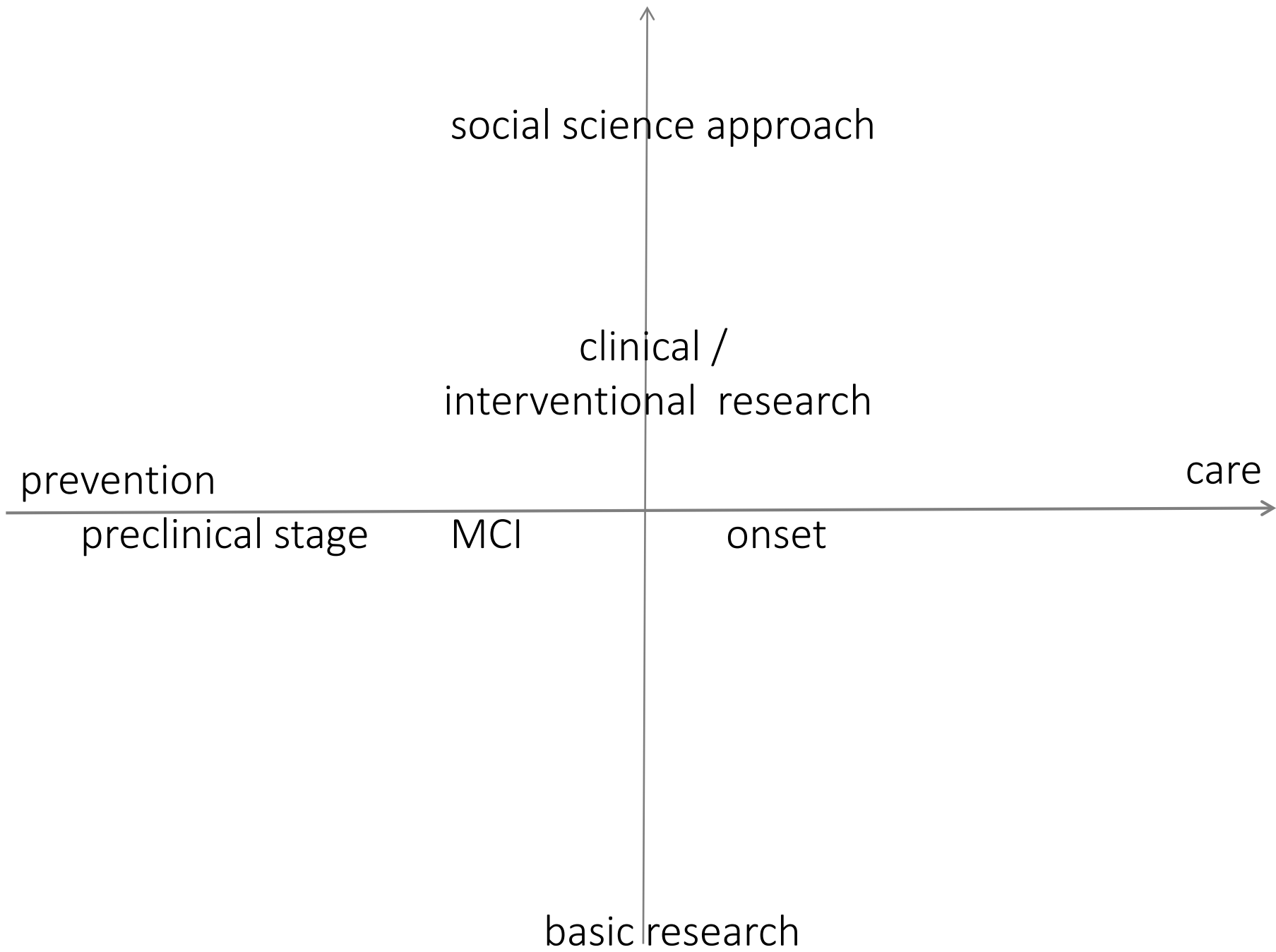
Day 1 Session-2

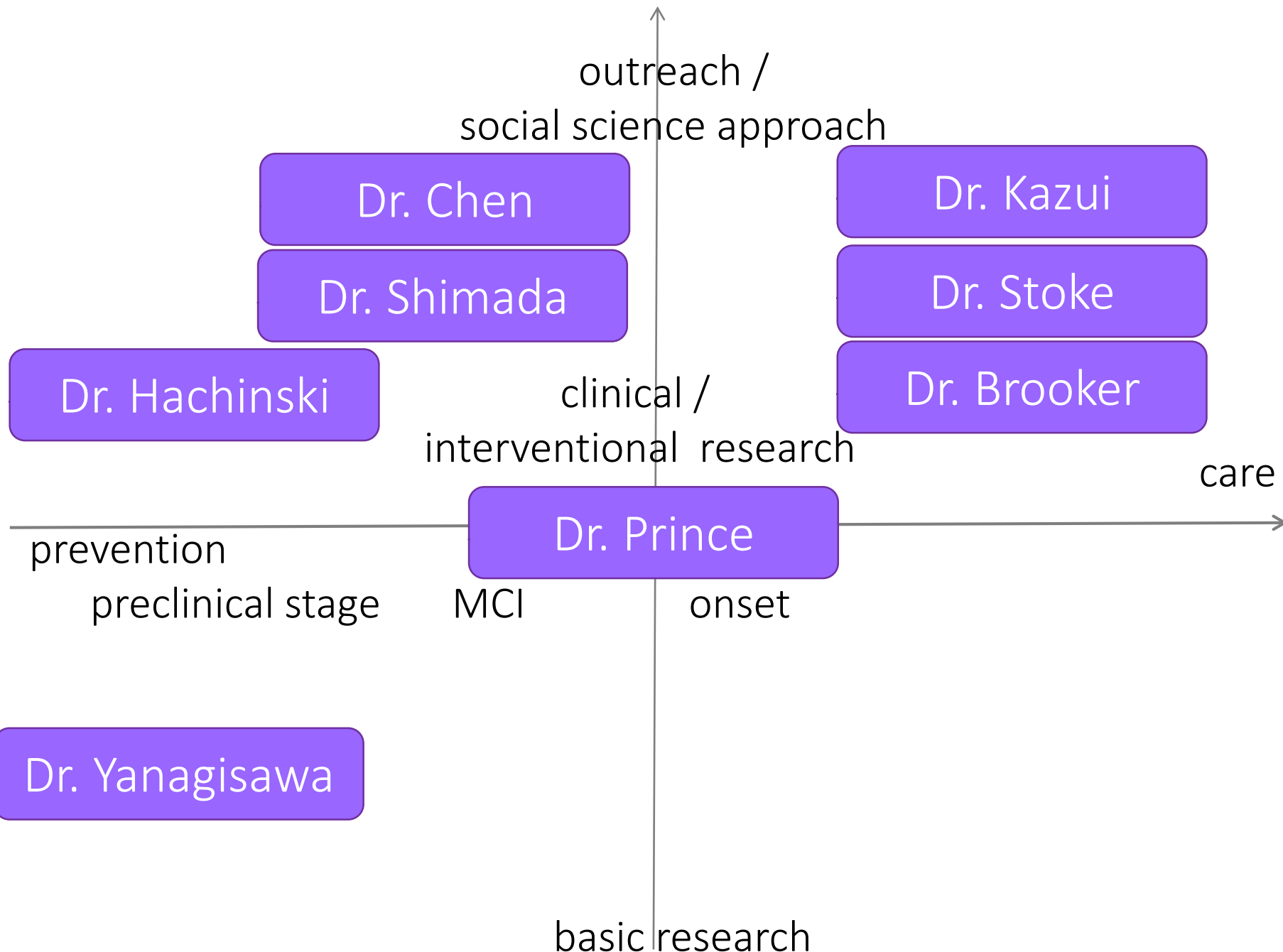
# Scientific Aspects of Dementia Prevention and Care



National Center for Geriatrics & Gerontology

Takao Suzuki





## Dr. Prince: Proposal for the future research

- analysis of global prevalence of dementia
- Identification of modifiable factors  
& pharmacological / non-pharmacological  
intervention for risk reduction
  - education            in early life
  - hyper tension      in midlife
  - diabetes             in mid-to-late life
  - smoking             in mid-to-late life
- We have to continue our efforts to establish other robust risk factors for prevention of cognitive decline and dementia

# Preventing Dementia: Can We Do Better?

Focusing on the treatable Vascular Component

Trying new multimodal integrated approaches

Vascular risk factors may be related to cognitive decline

e.g., blood pressure control,  
weight reduction,  
smoking cessation, etc.

Interventions of 3 steps

- 1) identification of risk factors
- 2) enhancing motivation
- 3) enablement in the society

e.g., education in school/work,  
supported by IT technologies  
social media environment, etc.

Dr. Hachinski

prevention

preclinical stage

↑  
outreach /  
social science approach

## Detection of preclinical Alzheimer's disease for the preemptive therapy

~ to stop Alzheimer Disease before It Starts !

Research question:

How should you know the pathological change before clinical onset?

- 1) Amyloid PET: very costly ~ hardly available  
\$ 500
- 2) Blood test: low cost only 10 cents  
Novel procedure to detect A $\beta$  from plasma using mass spectrometry

prevention

preclinical stage

care →

Dr. Yanagisawa

basic research

# A Scheme for Preventing Cognitive Decline in the Community

Aim: Delay the onset of dementia

Target population: MCI

Early detection by population screening

Dr. Shimada

Intervention

~ New method of preventive intervention of dementia

COGNICISE = Cognitive training + Exercise

Results: cognitive improvement

reduction of brain atrophy

~ hippocampus + whole brain

Conclusion

1. Early detection of MCI in the community is critical for prevention of dementia
2. Exercise, especially COGNICISE, may useful to maintain cognitive functions in MCI subjects

prevention

preclinical stage

Dr. LK Chen

prevention

preclinical stage

## Dementia Prevention Study and Policy in Taiwan

Taiwan Health Intervention Study on Community-dwelling Elders (THISCE)

1 Nationwide randomized controlled trial to validate clinical effects of THISCE integrated intervention program

Physical activities

Cognitive training

Dietary counselling

Chronic disease management

2 Developing social marketing strategies to facilitate nationwide implementation

Dr. Piu Chan

presented the Current Status of Dementia and Challenges in China



# Person-Centred Dementia Care Research

The gist of person-centered care

V = Values people

I = Individuals needs

P = Perspective of service user

S = Supportive social psychology

## Intervention Results

Qualitative results QOL improvement  
reduction in anti-psychotic medication

Dr. Brooker

care

basic research

# The Need To Transform Services In Care Homes

<implementation of person-centered care in care homes>

1) 2009-2014 ~ Antipsychotic reduction program  
“Person First, dementia second staff training program”

Results

2009 - 35.0%

2013 - 19.5% residents with dementia  
prescribed antipsychotics

Dr. Stoke

care

basic research

# Effect of a regional cooperative system for dementia patients with a collaboration notebook

Needs for collaboration among the many people caring for dementia patients living at home



## The collaboration notebook

to support patient life at home

- 1) patient's clinical information
- 2) information for sharing among stakeholders

### <use of the notebook>

inter-professional collaborative meeting  
education for healthcare professionals  
& caregivers

Dr. Kazui

care





Thank you for your attention