

## Modifiable Factors Reduce the Risks of Cognitive Decline



A French study estimates the percentage reduction in incidence of dementia that would be obtained if specific risk factors were eliminated. Karen Ritchie, from the French National Institute of Health and Medical Research (INSERM), and colleagues assessed lifestyle data collected from 1,433 men and women, average age 72.5 years, who were followed for 7 years to track the onset of dementia. The researchers found that reducing the rate of depression would slash dementia by 10.3%, and eliminating diabetes would result in a 5% reduced dementia rate. As well, completing more education was associated with an 18.1% reduced rate, while increasing fruits and vegetable consumption cut dementia by 6.5%. The team concludes that: "Increasing crystallised intelligence and fruit and vegetable consumption and eliminating depression and diabetes are likely to have the biggest impact on reducing the incidence of dementia, outweighing even the effect of removing the principal known genetic risk factor."

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K Ritchie, I Carrière, C W Ritchie, C Berr, S Artero, M-L Ancelin. "Designing prevention programmes to reduce incidence of dementia: prospective cohort study of modifiable risk factors." *BMJ* 2010;341:c3885, 5 August 2010; doi: 10.1136/bmj.c3885.