

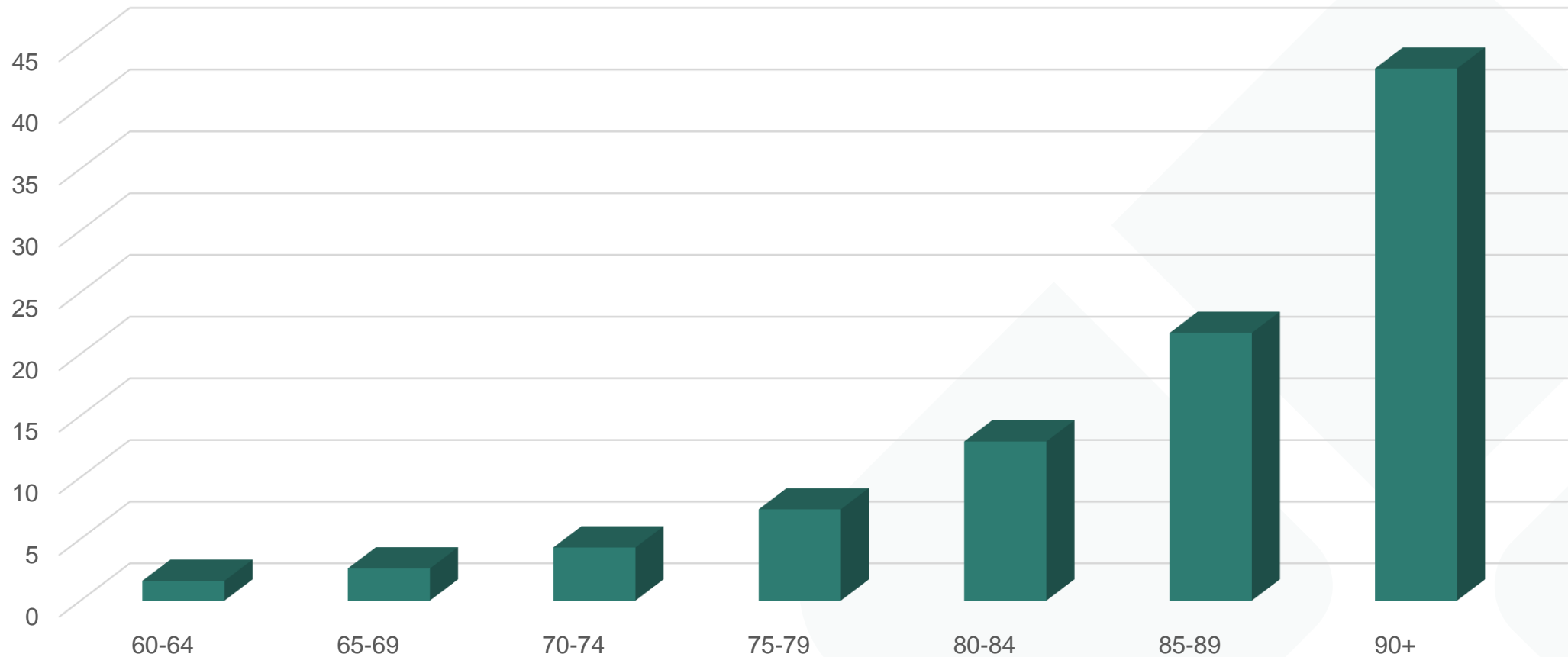
# Forebygging av demens

Hvordan – Hvorfor - Når

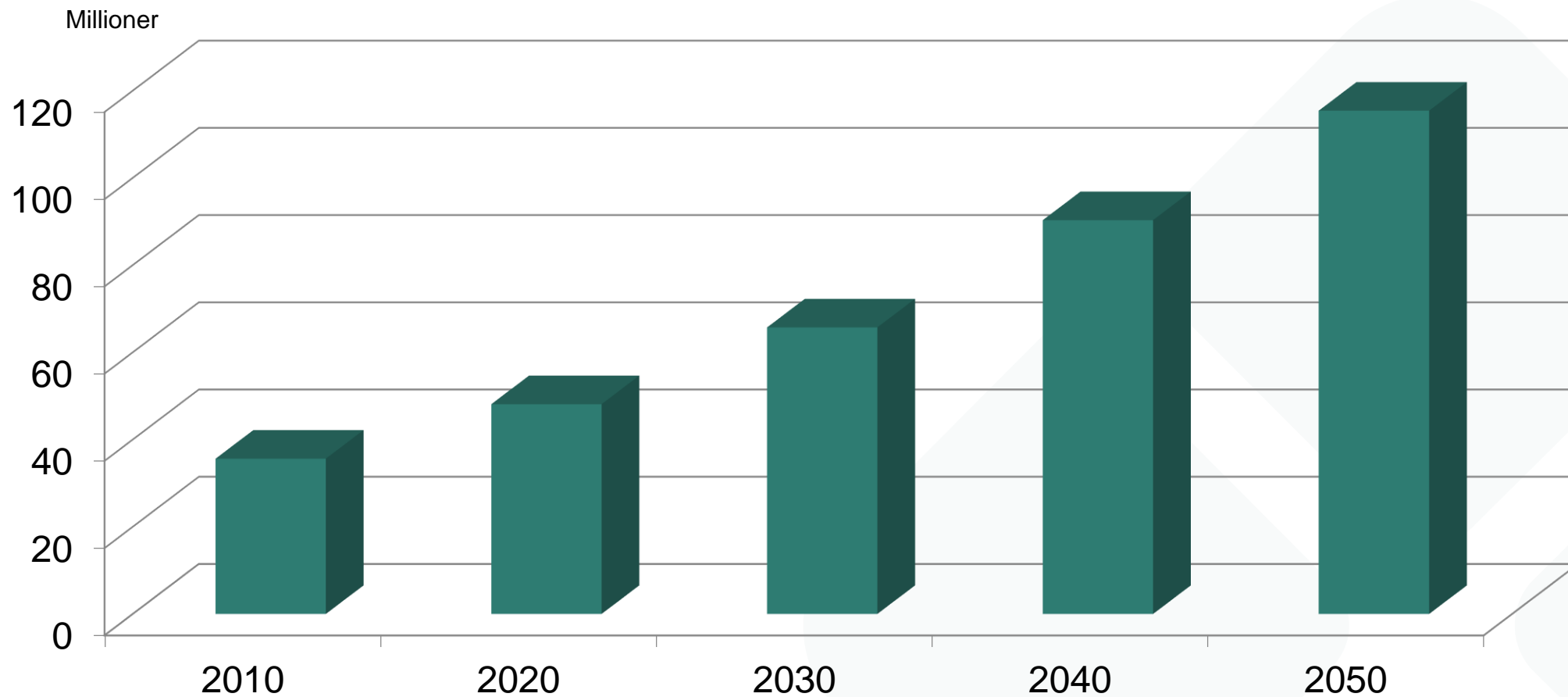


**Aldring og helse**  
Nasjonal kompetansetjeneste

# Prevalens (%) av demens etter alder



# Global forekomst av demens



ARTICLE

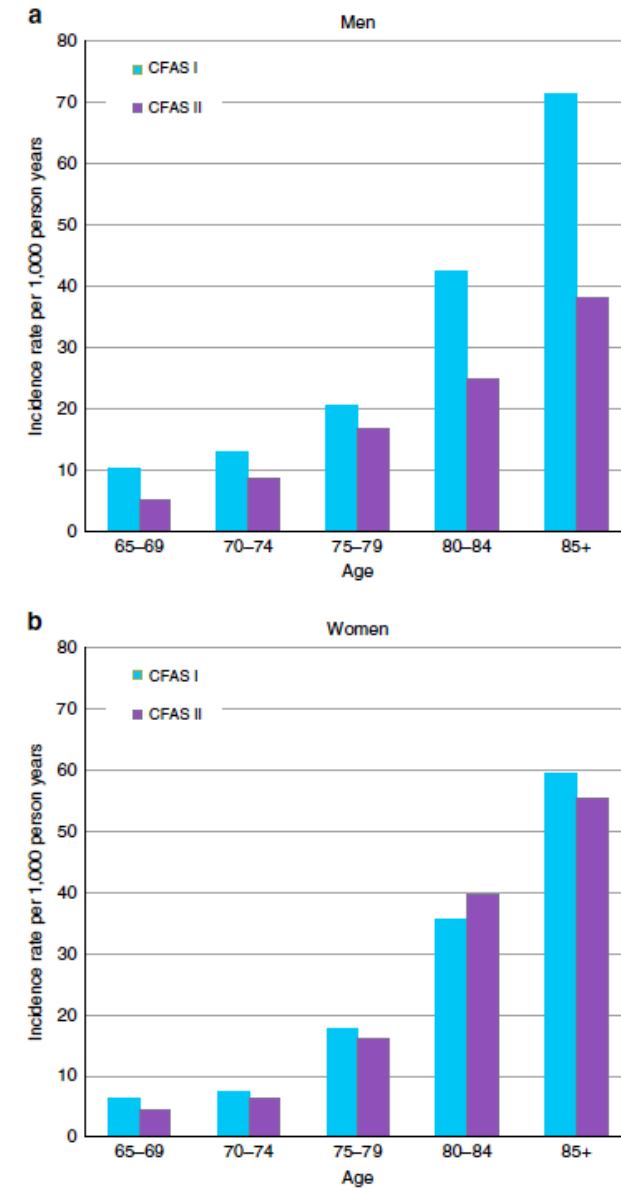
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OPEN

# A two decade dementia incidence comparison from the Cognitive Function and Ageing Studies I and II

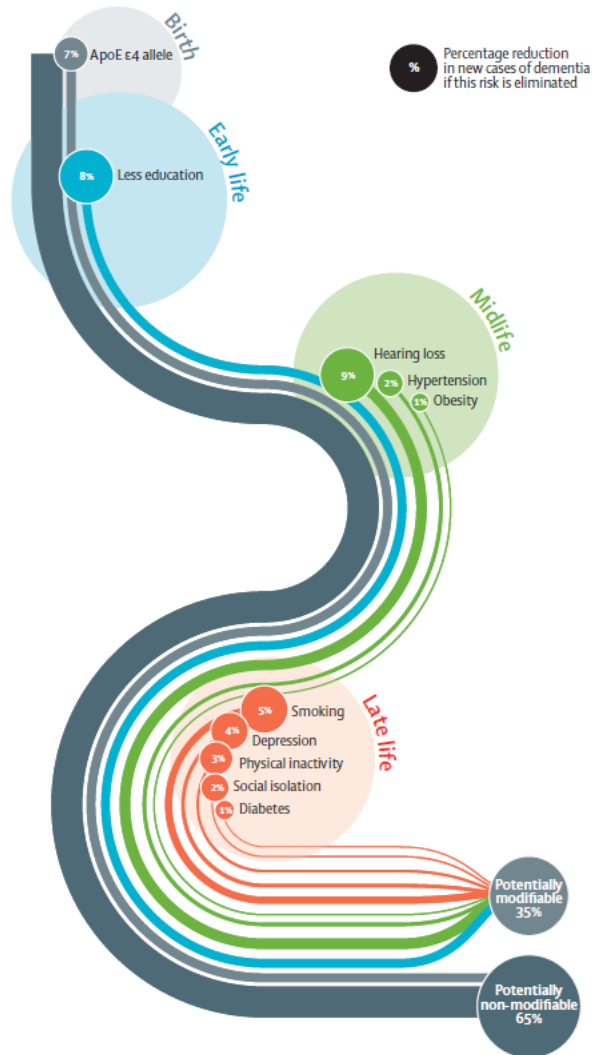
F.E. Matthews<sup>1,2</sup>, B.C.M. Stephan<sup>2</sup>, L. Robinson<sup>2</sup>, C. Jagger<sup>2</sup>, L.E. Barnes<sup>3</sup>, A. Arthur<sup>4</sup>, & C. Brayne<sup>3</sup>, Cognitive Function and Ageing Studies (CFAS) Collaboration<sup>#</sup>



**Figure 3 | Dementia incidence rates in men and women.** (a) Incidence rate of dementia per 1,000 person years in men for CFAS I and CFAS II by age at baseline interview. (b) Incidence rate of dementia per 1,000 person years in women for CFAS I and CFAS II by age at baseline interview.

## Risk factors for dementia

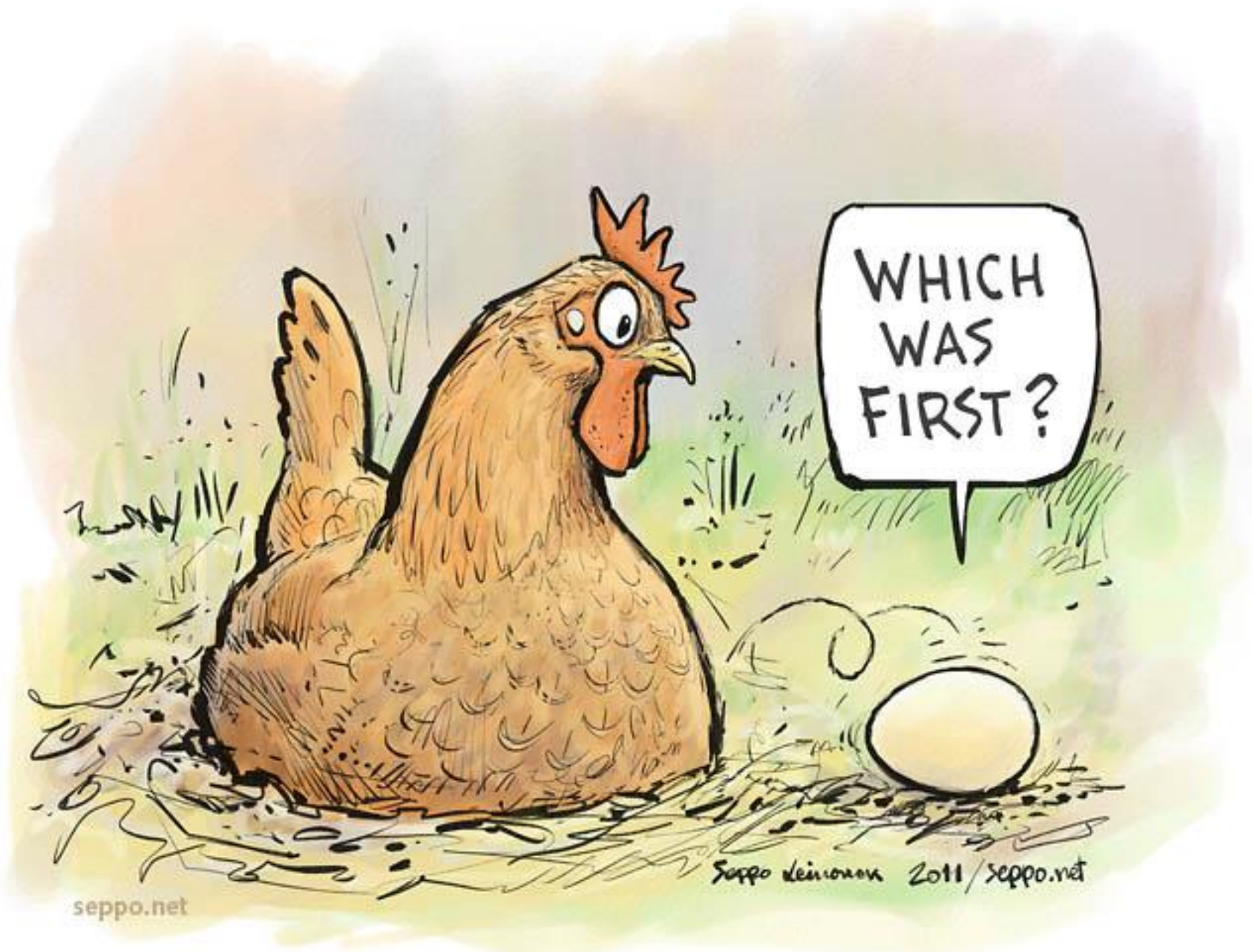
The Lancet Commission presents a new life-course model showing potentially modifiable, and non-modifiable, risk factors for dementia.





Utdanning  
Depresjon  
Diabetes  
BMI  
Hørsel  
Blodtrykk  
Fysisk aktivitet  
Sosial aktivitet  
Røyking  
Alkohol  
Diett

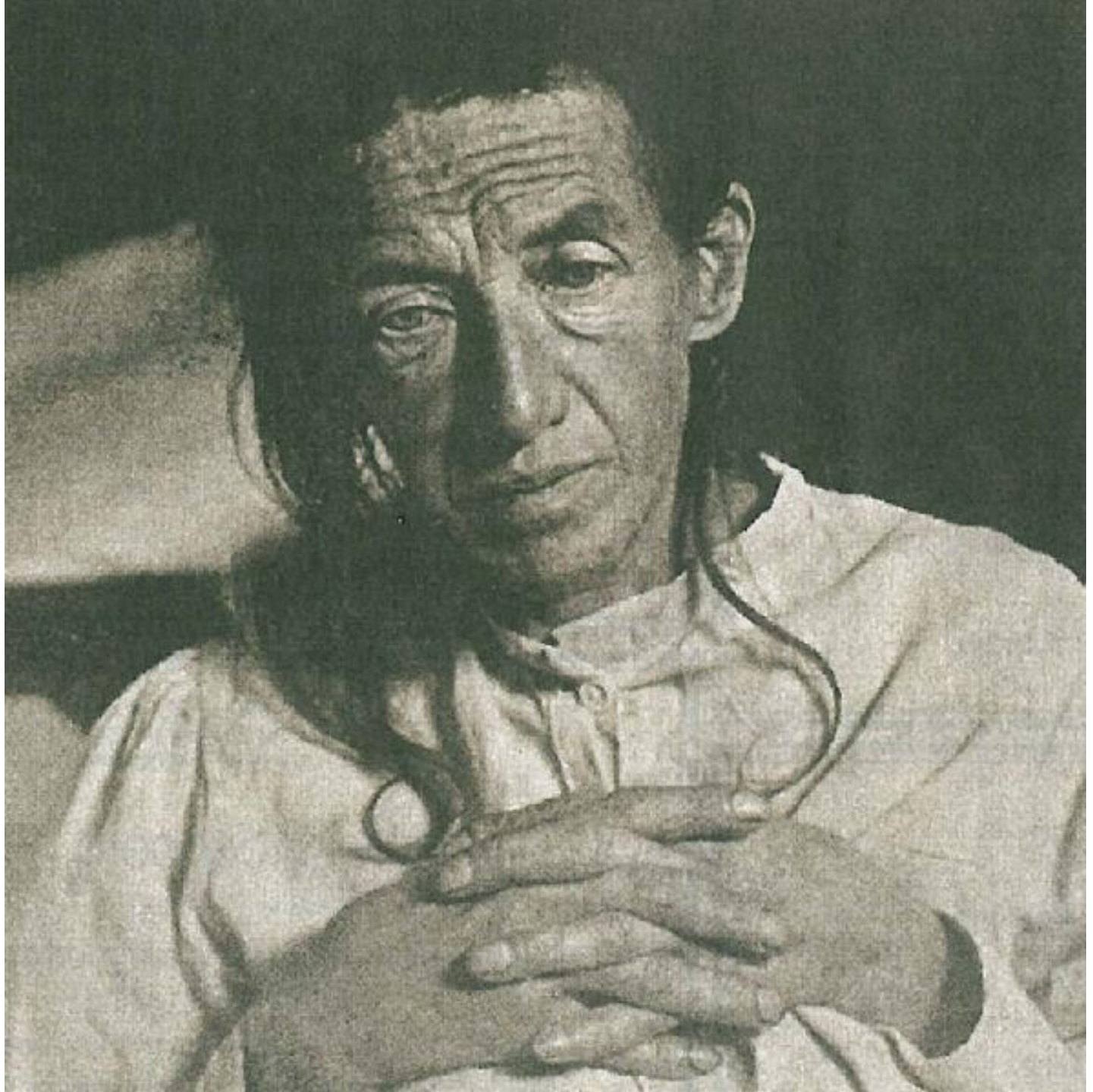




WHICH  
WAS  
FIRST?

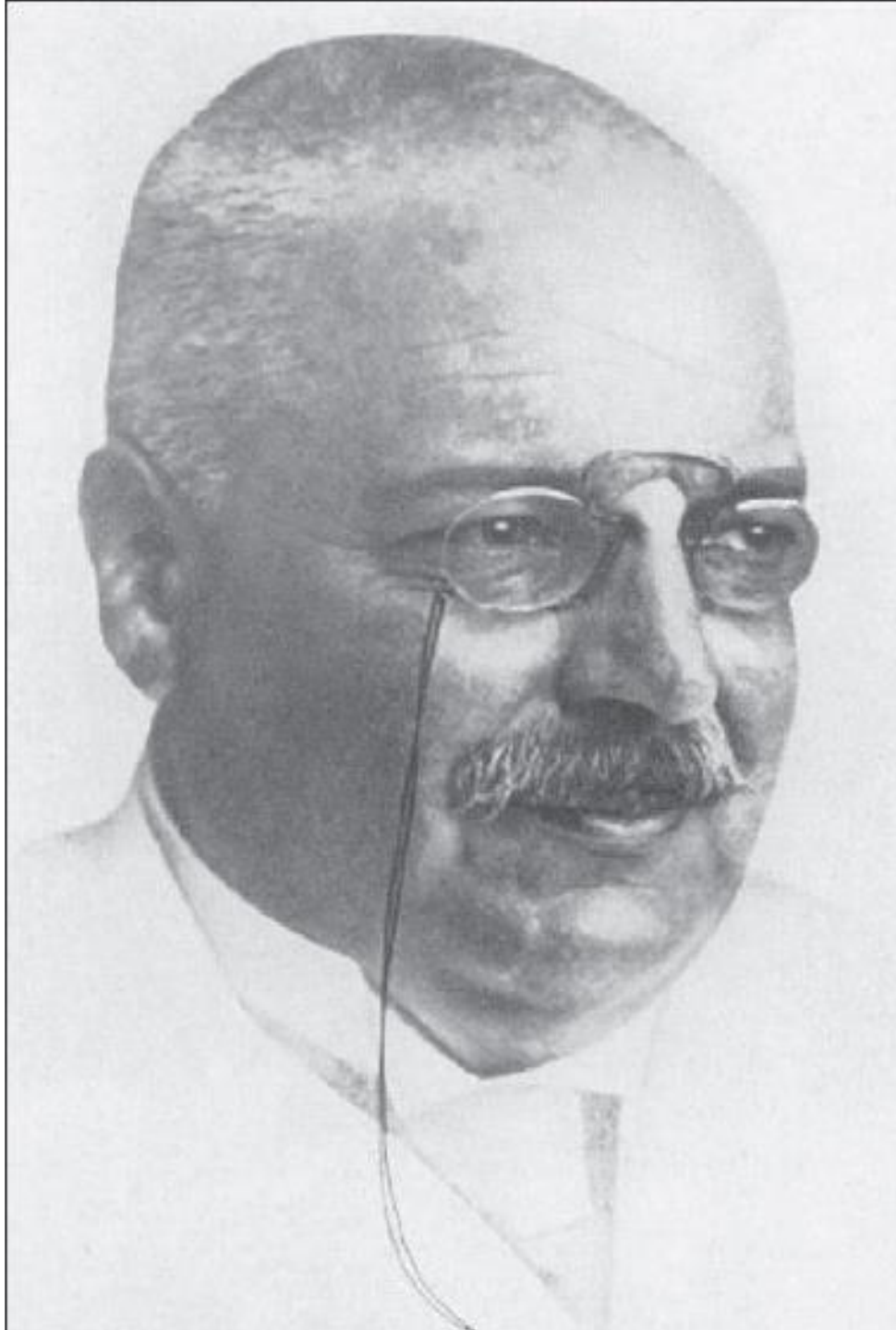


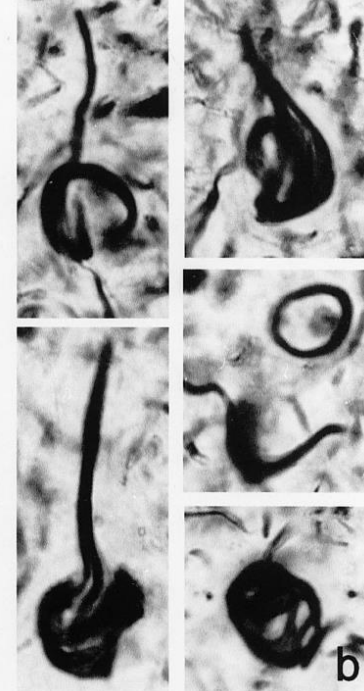
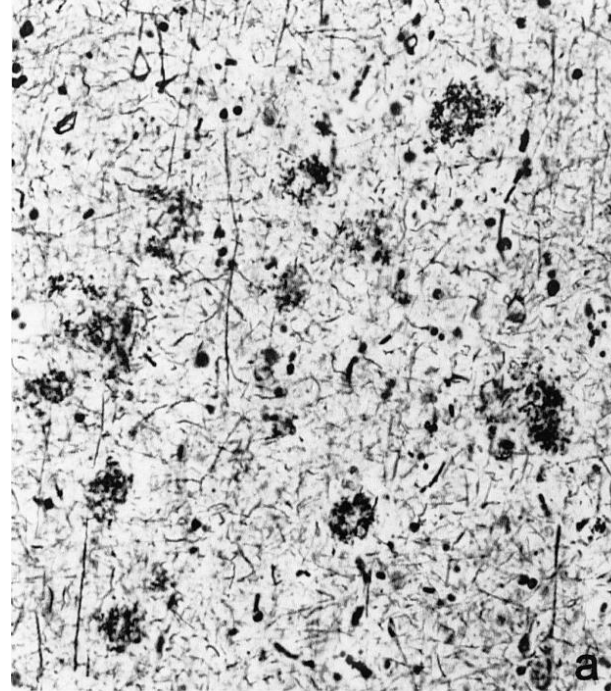
Auguste Deter 1850-1906



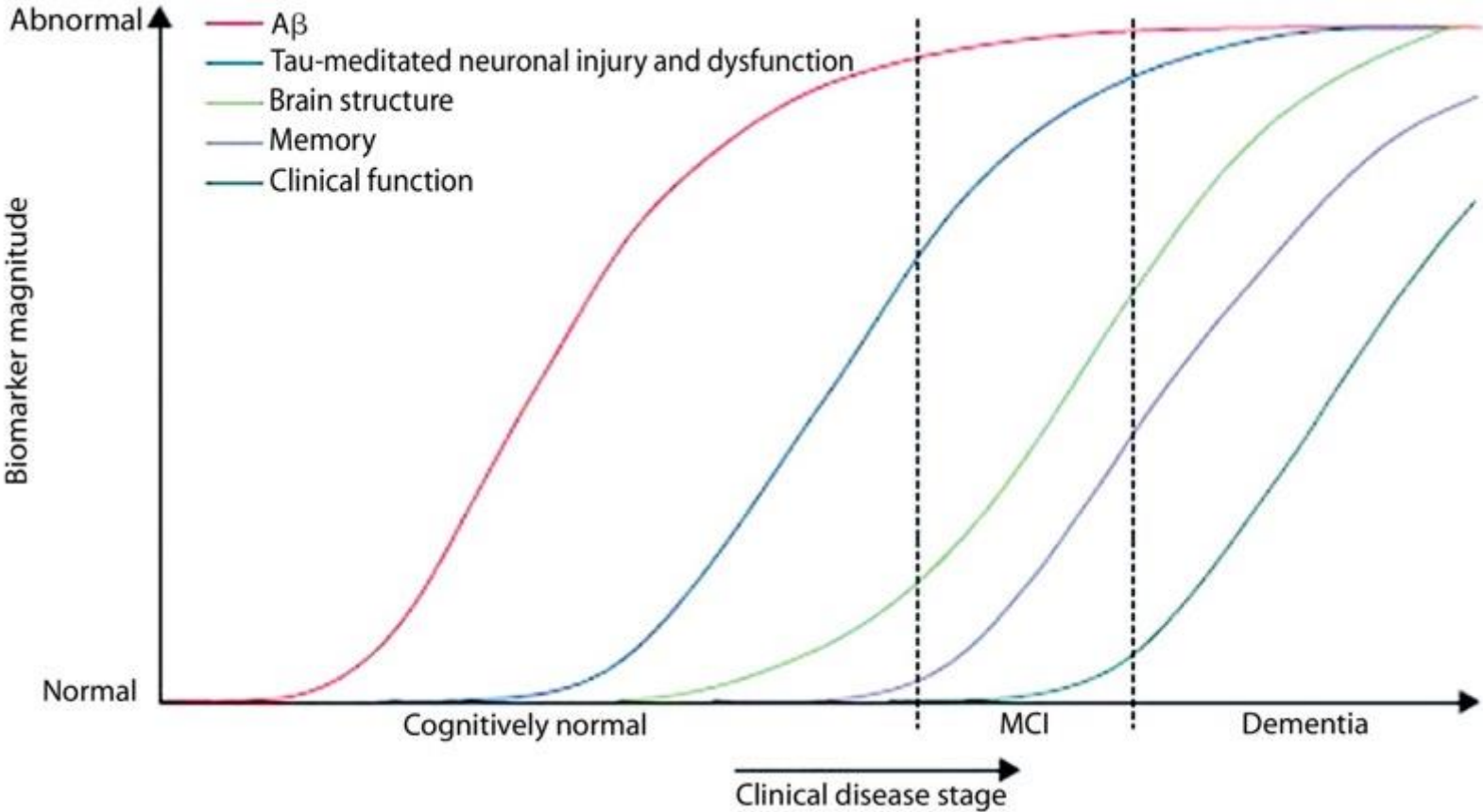


A. Alzheimer 1864-1915





Hypothetical model of the dynamic biomarkers of the AD cascade.



Jack C R Radiology 2012;263:344-361

Radiology

# Utdanning – mental aktivitet



# Nedsatt hørsel



# Hypertensjon/overvekt/diabetes





# Hypertensjon



# Overvekt



# Diabetes



# Kosthold/vitaminer



# Alcohol



# Røyking





# Sosial kontakt



# Depresjon



# Fysisk inaktivitet





Utdanning  
Depresjon  
Diabetes  
BMI  
Hørsel  
Blodtrykk  
Fysisk aktivitet  
Sosial aktivitet  
Røyking  
Alkohol  
Diett

