Dementia Prevention by Stroke Prevention

Stroke and dementia pose the greatest joint threats to the brain. Both share most of the same risk factors, among them hypertension, the most treatable and important one. Two meetings will address the opportunities of preventing stroke and dementia together.

Worldwide, stroke and dementia account for 2/3 of disability adjusted life years (DALY). Rates are declining in developed countries and rising in developing ones, suggesting that controlling common risk factors can decrease the incidence of both. A stroke doubles the chances of developing dementia. A successful population level stroke strategy was associated with a 32% decrease in the incidence of stroke and a 7% decrease in the incidence of dementia.¹

Multimodal interventions result in improvement in cognitive performance, anticoagulants cut the risk of dementia in atrial fibrillation in half, and a growing list of potential treatments awaits translation from promise into action. (https://www.worldhealthsummit.org/conference.html)

Most of our understanding of dementia derives from Western studies that may differ from other populations’, culturally, genetically and biologically.²

New developments put us at the cusp of accelerating progress in diagnosing, treating and preventing both stroke and dementia. (https://www.worldhealthsummit.org/satellites/dementia-stroke-prevention.html)

The World Hypertension League, the World Heart Federation and the World Stroke Organization have formed an alliance to begin implementing a Proclamation on preventing stroke and dementia together.³

Those who cannot attend the meetings may wish to read an article based on the meetings to be published in Alzheimer’s & Dementia later this year.

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References:

