



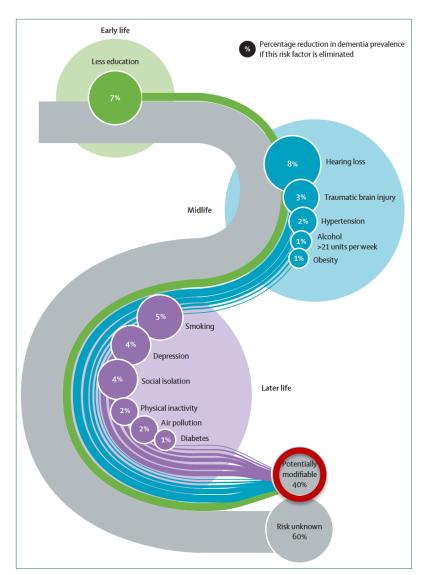
Demenzprävention: Von lebensstilbasierten Risikofaktoren zum Demenzpräventionsprogramm – die AgeWell.de-Studie

Prof. Dr. Riedel-Heller, MPH









12 modifizierbare lebensstilbasierte Risikofaktoren



Gill Livingston, Jonathan Huntley, Andrew Sommerlad et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission Lancet. 2020 8-14 August; 396(10248): 413–446.



Hochrechnungen für Deutschland

Siehe: Luck T, Riedel-Heller SG. Prävention von Alzheimerdemenz in Deutschland: Eine Hochrechnung des möglichen Potenzials ausgewählter Risikofaktoren. Nervenarzt. 2016 Nov;87(11):1194-1200



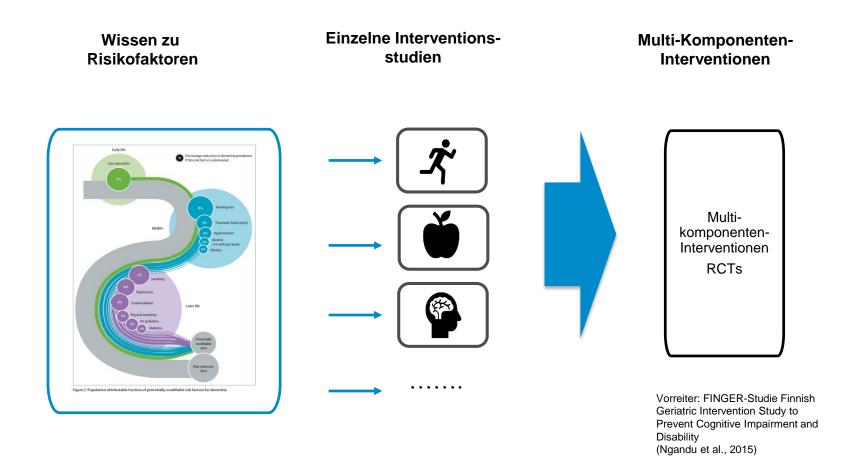
Figure 7: Population attributable fraction of potentially modifiable risk factors for dementia







Vom Risikofaktor zum Präventionsprogramm









Die deutsche AgeWell-Studie – eine Multikomponentenintervention (c-RCT) für Risikopersonen

Wer?

60-77jährige Allgemeinarztpatienten Risikogruppe (CAIDE-Score)



Was?



Stand?

rekrutiert n=1174 5/2018 Baseline n=1067 8/2018-11/2019

Follow-up 09/2020-11/2021 Ergebnisse 2022

Zülke A, Luck T, Pabst A, Hoffmann W, Thyrian JR, Gensichen J, Kaduszkiewicz H, König HH, Haefeli WE, Czock D, Wiese B, Frese T, Röhr S, Riedel-Heller SG. AgeWell.de - study protocol of a pragmatic multi-center cluster-randomized controlled prevention trial against cognitive decline in older primary care patients. BMC Geriatr. 2019 Aug 1;19(1):203. doi: 10.1186/s12877-019-1212-1.







Die deutsche AgeWell-Studie – Teil einer weltweiten Wissenschaftscommunity

STUDY PROTOCOL

Open Access

AgeWell.de – study protocol of a pragmatic multi-center cluster-randomized controlled prevention trial against cognitive decline in older primary care patients



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Abstract

Background: In the absence of treatment options, the WHO emphasizes the identification of eff strategies as a key element to counteract the dementia epidemic. Regarding the complex nature simultaneously targeting multiple risk factors should be particularly effective for prevention. So fa few such multi-component trials have been launched, but yielding promising results. In Germany initiatives are lacking, and translation of these complex interventions into routine care was not you AgeWell.de will be conducted as the first multi-component prevention trial in Germany which is at the primary care setting.

Methods: *AgeWell.de* will be designed as a multi-centric, cluster-randomized controlled multi-compc trial. Participants will be older community-dwelling general practitioner (GP) patients (60–77 years; *n* = increased dementia risk according to CAIDE (Cardiovascular Risk Factors, Aging, and Incidence of Derr Risk Score. Recruitment will take place at 5 study sites across Germany. GP practices will be randomize intervention A (advanced) or B (basic). GPs will be blinded to their respective group assignment, as will conducting the randomization. The multi-component intervention (A) includes nutritional counseling, cognitive training, optimization of medication, management of vascular risk factors, social activity, and specific interventions targeting grief and depression. Intervention B includes general health advice on components and GP treatment as usual. We hypothesize that over the 2-year follow-up period the in will benefit significantly from the intervention program in terms of preserved cognitive function/delay (primary outcome), and other relevant (secondary) outcomes (e.g. quality of life, social activities, depresentations).

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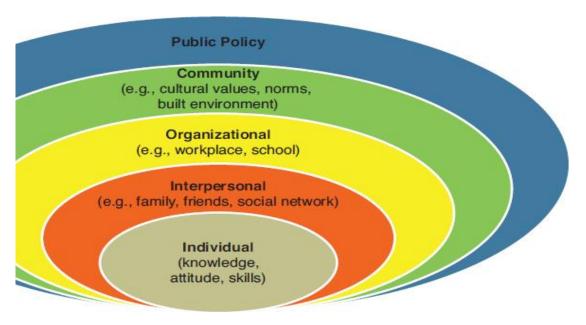




Verhaltens- <u>UND</u> Verhältnisprävention?



- Körperliche Aktivität erhöhen
- Soziale Integration f\u00f6rdern
- Bildung verbessern und lebenslanges Lernen f\u00f6rdern
- Einen kognitiv aktiven Lebensstil f\u00f6rdern
- Mental anregende Arbeitsplätze schaffen
- Empfehlung einer gesunden mediterranen Ernährung
- Alkoholkonsum reduzieren
- Mit dem Rauchen aufhören
- Prävention, Diagnostik und Behandlung chronischer Erkrankungen
- Anticholinerge Medikamente bei Personen im h\u00f6heren Lebensalter reduzieren



Sozio-ökologisches Modell als Rahmenkonzept für die Prävention (Verhaltens- und Verhältnisprävention)