

Remain mentally fit

Programme Démence Prévention (pdp): A Nation-Wide Programme for Dementia Prevention in Luxembourg

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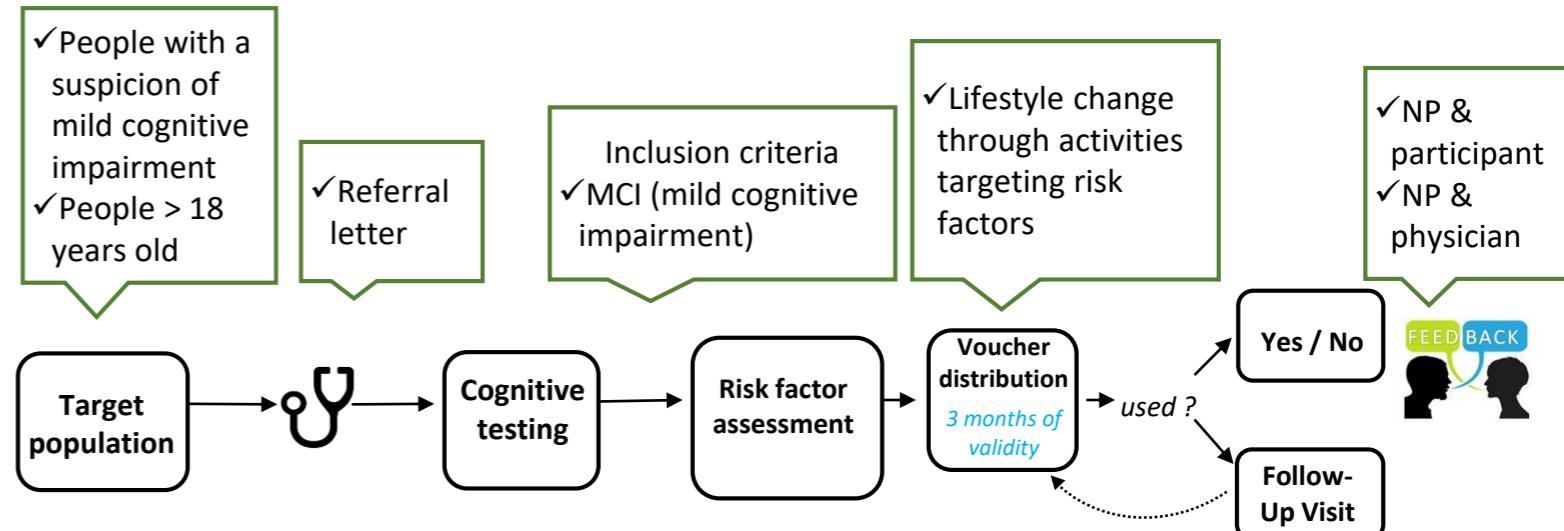
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Background and Aim

- The number of people affected by dementia is projected to triple by 2050. In Luxembourg, it is estimated that 22.500 people present cognitive complaints
- Currently, there is no curative treatment for dementia available
- Recent scientific consensus (Livingston et al., Lancet. 2017 Dec 16;390(10113):2673-2734) shows that more than a third of dementia cases might be prevented by addressing modifiable risk factors

➡ The aim is to prevent or at least delay the development of dementia in a target population in Luxembourg by the means of a personalized lifestyle intervention

Methods



Results and conclusion

- Establishment of a participant-centred national network, which raises awareness on dementia prevention.
- Foster interdisciplinary collaboration and communication between individual medical and non-medical healthcare professionals and allowing for a successful recruitment of the target population.
- Collection of information about adherence to the suggested lifestyle changes, as well as the effectiveness of our interventions in reducing risk factors.

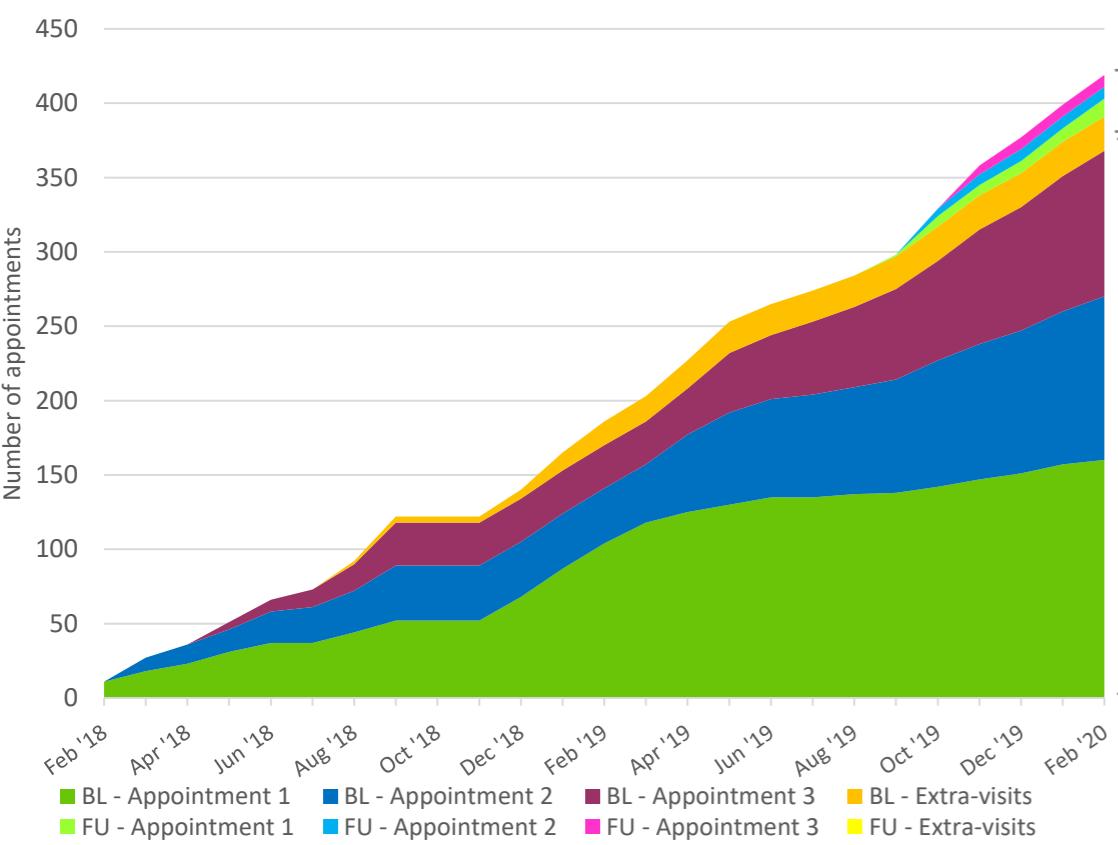
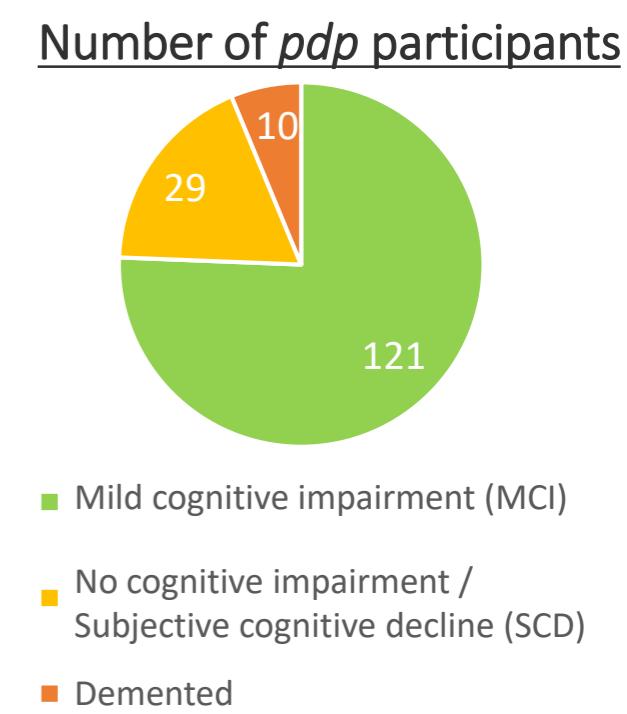
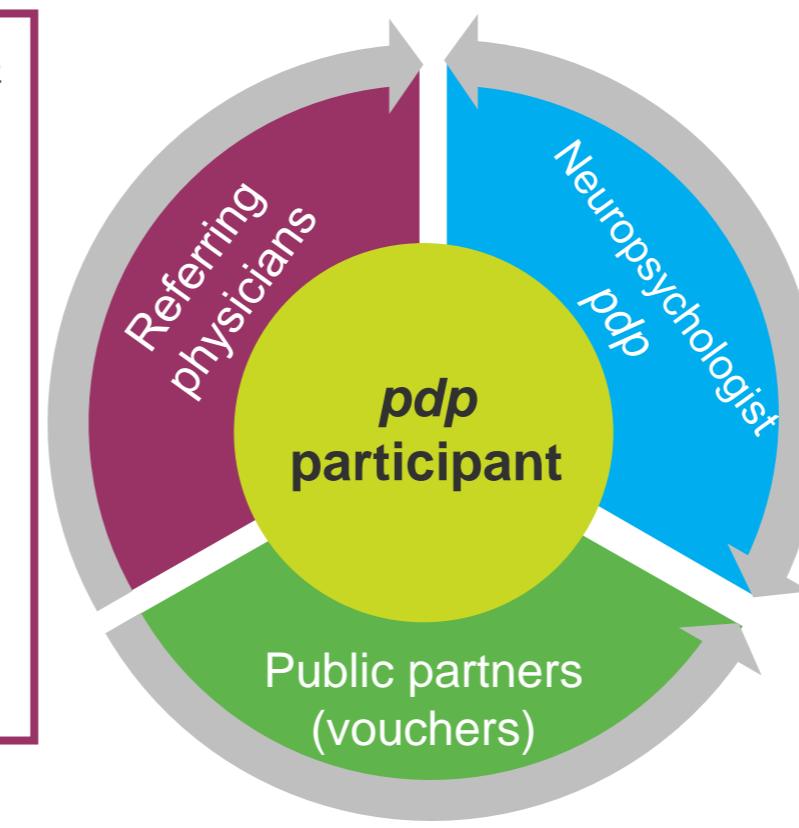
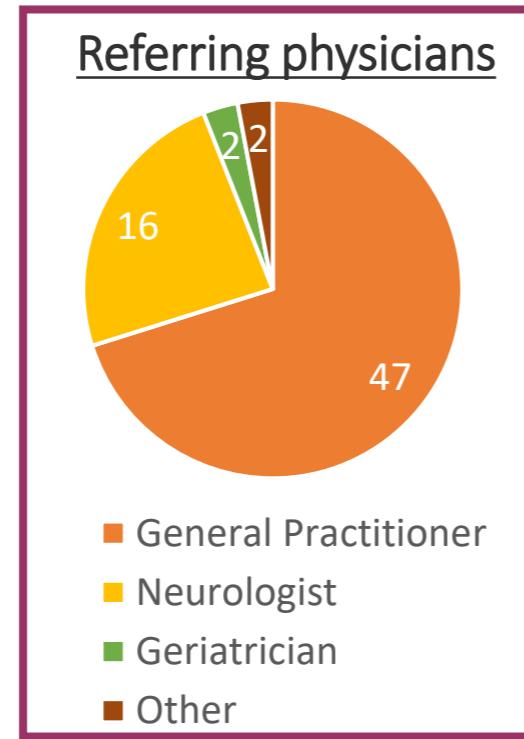


Figure 1: Cumulative graphical illustration of number of different appointments per month (as of 1st of March 2020). BL: baseline; FU: follow-up.

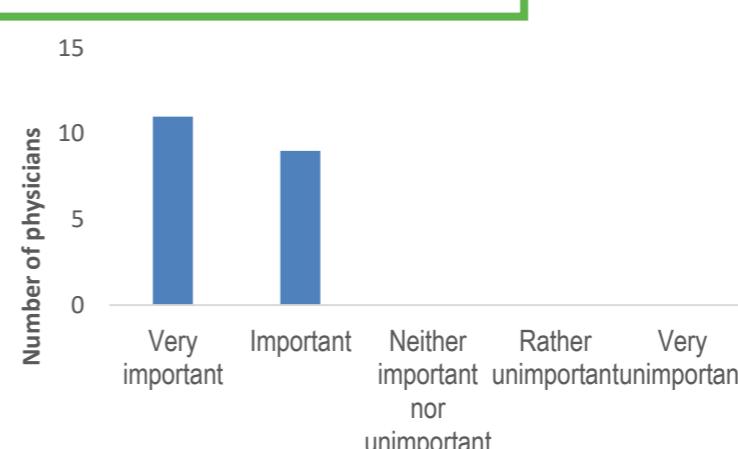


Figure 2: Referring physicians were asked whether they think pdp is important.

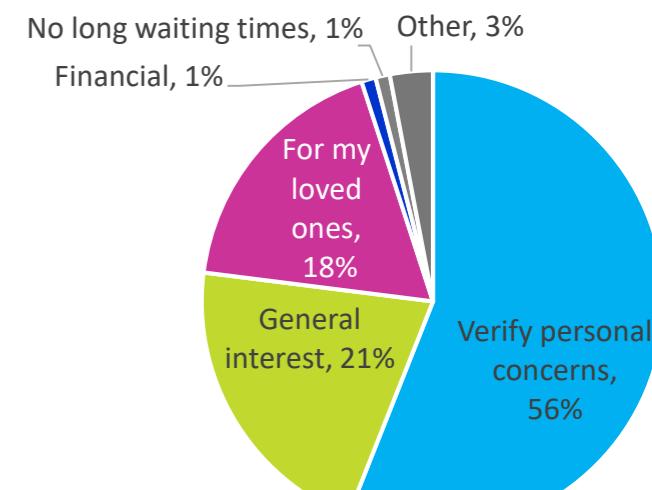


Figure 3: Answers from pdp participants on their main motivation to join the program

➡ Evidence for the feasibility of the implementation of a nation-wide dementia prevention program including diverse partners offering personalised lifestyle interventions, which are easily transferrable to other countries.

➡ Emerging results from this program may help to integrate prevention interventions into the regular healthcare system.