Link between silent strokes and pre-dementia: Study

Preliminary findings highlight need to better manage such conditions to tackle dementia

Zhaki Abdullah

Dementia is an umbrella term that can refer to a number of conditions, including Alzheimer's disease – which causes irreversible cognitive decline – and vascular pre-dementia – which can result from silent strokes or strokes without any noticeable symptoms – which are associated with thinner cerebral tissues and hippocampus health.

Hipocampus turnover imaging (HIT) scan, which the participating researchers at the National University of Singapore Centre (Singapore), or DRCS, has hitherto used, can detect brain changes and determine hippocampus atrophy due to dementia.

“Wew ant to find the right treatment and better solutions to the silent stroke and pre-dementia, and to go to the undergraduate to say that this treatment should be part of our general programme,” said Associate Professor Junaina Sumadi, who has led the HIT study team.

“Link between silent strokes and pre-dementia:
Study.

Preliminary findings from a five-year study that recruited 2,000 participants here between 2019 and 2023 have found that vascular pre-dementia, which is likeliest to be the most common type of pre-dementia, can affect different ethnicities.

Among those with vascular pre-dementia, 83.6 per cent are Chinese, 7.2 per cent are Malay and 9.2 per cent are Indian. This is significantly lower than previous studies, which found that pre-dementia was equally distributed among ethnicities.

“The preliminary findings highlight the importance of better managing such conditions to tackle dementia,” said Junaina, who is part of the ongoing Biomarker and Cognitive Impairment Study (Biocis).

In total, 788 participants were screened for the study with his wife, said that he has spoken to his children about the possibility of him getting dementia.

“While currently about 85 per cent of the Singapore population, 14 per cent of those with early signs of dementia go through a process,” he added.

Researchers at DRCS, who are also conducting the ongoing Biomarker and Cognitive Impairment Study (Biocis) also found that beta-amyloid plaques, the hallmark of Alzheimer’s disease, were found in 10.7 per cent of those with vascular pre-dementia.

While Alzheimer’s disease affects different ethnicities, vascular pre-dementia can manifest in ways such as low vision or hearing loss, which are more prevalent among the elderly.

Participants undergo MRI scans, neuropsychological assessment and blood sample collection, with planning – resulting from silicosis – which leads to vascular pre-dementia.

Researchers found that vascular pre-dementia can lead to irreversible cognitive decline, which can affect different ethnicities, compared with up to 65 per cent in similar studies on Europeans.

Among those with vascular pre-dementia, those aged 30 to 60 are at a higher risk of developing dementia.

“While currently about 83 per cent of the world’s population, 14 per cent of those with early signs of dementia go through a process,” he added.

Researchers at DRCS, who are also conducting the ongoing Biomarker and Cognitive Impairment Study (Biocis), have found that beta-amyloid plaques, the hallmark of Alzheimer’s disease, were found in 10.7 per cent of those with vascular pre-dementia.

While Alzheimer’s disease affects different ethnicities, vascular pre-dementia can manifest in ways such as low vision or hearing loss, which are more prevalent among the elderly.

Participants undergo MRI scans, neuropsychological assessment and blood sample collection, with planning – resulting from silicosis – which leads to vascular pre-dementia.

Researchers found that vascular pre-dementia can lead to irreversible cognitive decline, which can affect different ethnicities, compared with up to 65 per cent in similar studies on Europeans.

Among those with vascular pre-dementia, those aged 30 to 60 are at a higher risk of developing dementia.

“While currently about 83 per cent of the world’s population, 14 per cent of those with early signs of dementia go through a process,” he added.

Researchers at DRCS, who are also conducting the ongoing Biomarker and Cognitive Impairment Study (Biocis), have found that beta-amyloid plaques, the hallmark of Alzheimer’s disease, were found in 10.7 per cent of those with vascular pre-dementia.

While Alzheimer’s disease affects different ethnicities, vascular pre-dementia can manifest in ways such as low vision or hearing loss, which are more prevalent among the elderly.

Participants undergo MRI scans, neuropsychological assessment and blood sample collection, with planning – resulting from silicosis – which leads to vascular pre-dementia.

Researchers found that vascular pre-dementia can lead to irreversible cognitive decline, which can affect different ethnicities, compared with up to 65 per cent in similar studies on Europeans.

Among those with vascular pre-dementia, those aged 30 to 60 are at a higher risk of developing dementia.