

Kan een online-instrument het risico op dementie voorspellen?

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Wereldwijd lijden naar schatting 50 miljoen mensen aan dementie. Dit aantal zal naar verwachting groeien tot meer dan 152 miljoen tegen 2050. Door deze stijging zal dementie een enorme druk leggen op onze gezondheidszorgsystemen, op de zorgverleners en op de gezinnen. Naar schatting kan 30% van de gevallen van dementie toegeschreven worden aan mogelijk aanpasbare factoren en daarom is primaire preventie een belangrijk onderdeel geworden van de strategie voor de bestrijding van dementie.

Onderzoekers van de 'University of Ottawa' (Canada) hebben een online-instrument ontwikkeld en gevalideerd waarmee personen van 55 jaar en ouder de gezondheid van hun hersenen kunnen bepalen evenals het risico op de ontwikkeling van dementie tijdens de komende vijf jaar. Het online instrument draagt de naam 'Dementia Population Risk Tool' (<https://www.projectbiglife.ca/dementia>) en houdt rekening met de volgende factoren: de leeftijd, de rookstatus, de duur van blootstelling aan tabaksrook, het alcoholgebruik, de fysieke activiteit, de stress, het eetpatroon, het gevoel van erbij horen, de etniciteit, de immigratiestatus, de sociaaleconomische status van de wijk, het onderwijs, de activiteiten waarbij hulp nodig is, de burgerlijke staat, het aantal gesproken talen en de gezondheidsconditie.

"Dit online-instrument geeft mensen die het invullen aanwijzingen over wat ze kunnen doen om het persoonlijk risico op dementie te verminderen," aldus professor Peter Tanuseputro (University of Ottawa, Canada). Hieronder kan u een publicatie raadplegen over de 'Dementia Population Risk Tool'.

Development and validation of a predictive algorithm for risk of dementia in the community setting

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