



Geriatric Fast Facts

Topic: Mild Cognitive Impairment

Mild Cognitive Impairment (MCI) is the **high-risk** condition which **may progress to dementia**:

- It is characterized by memory loss but with preservation of other domains of cognitive functioning
- **It progresses at a predictable annual rate of 5-15% to Alzheimer's Disease**
- Therapeutic trials are currently underway to try delay the progression to dementia

MCI Clinical Findings

- Subjective memory loss
- Objective memory loss (scores below normal on testing, even when adjusted for age/education)
- Generally preserved intellectual abilities
- No or only very slight functional impairment
- Does not meet criteria for dementia
- **No other explanation** for memory loss

The Current Approach to MCI

The general consensus is to recommend **screening laboratory tests** for dementia (CBC, electrolytes, creatinine, calcium, blood glucose) but not a CT scan. Reassurance can be provided that this is **not dementia**, but that performance may worsen, stabilize, or improve over time. **Close follow-up** is recommended (every 6-12 months or earlier if there are signs of worsening)