



Geriatric Fast Facts

Topic: Risks for Developing Dementia

As discussed in a previous Fast Facts, **Age** is the *most significant known risk factor for dementia*. Other risk factors include:

Risk Factors for Dementia

Vascular Risk Factors:	Other Risk Factors:
<p>(Each vascular risk factor generally doubles the risk of dementia)</p> <ul style="list-style-type: none">• Hypertension• Diabetes• Smoking• Hyperlipidemia• Atrial fibrillation• Hyperhomocysteinemia• Obesity• Previous stroke/TIA	<ul style="list-style-type: none">• Age (over 65)• Head injury• Family history (1 parent = 2x risk 2 parents = 10x risk)• Apo E4 lipoprotein status• Lower education level*• Previous delirium

* More highly educated people may be at a lower risk of developing dementia. It's possible that they develop more complex connections in their brains during childhood, resulting in extra capacity to cope with the physical changes to the brain associated with dementia. *However*, their lower risk could also be explained by better performance on written tests.

....Next Fast Facts on What is "Mild Cognitive Impairment".....