BACKGROUND

- Dementia is a disorder associated with deterioration in memory, thinking, behavior and the ability to perform everyday activities.
- It is the third ranked cause of years of life lost in Canada.
- Among Canadian patients over age 65, the prevalence in the whole population was 8%1, and in community-dwelling patients was 7.3%2.
- People at high risk of cardiovascular diseases (CVD) are also at high risk of dementia.
- Control of CVD risk factors could reduce 25-30% of dementia
- 10% reduction in hypertension, diabetes and smoking could reduce prevalence of dementia by 8.3%
- Existing knowledge is out-of-date.
- Publications studies had small samples, short follow-up periods
- No findings about causation between risk factors and dementia.
- In Canada, there is little research into dementia prevention in primary care, where dementia is normally first diagnosed.

HYPOTHESES

1. Modifiable CVD risk factors (hypertension, diabetes, obesity and dyslipidemia) are associated with the development of dementia.
2. The rates of change in risk of dementia are associated with duration of exposure to risk factors.

OBJECTIVES

- Determine the incidence of dementia among community-dwelling Canadian seniors attending primary care.
- Compare the risk of developing dementia in seniors with and without CVD risk factors;
- Identify the association between an index diagnosis of dementia and physical health indicators;
- Recommend novel strategies in primary care for preventing and delaying the onset of dementia.

METHODS

- This study uses a retrospective closed cohort design with data extracted from primary care Electronic Medical Record (EMRs), by the Canadian Primary Care Sentinel Surveillance Network (CPCSSN).
- All patients with CPCSSN data from 2008, who satisfy inclusion criteria are included and followed-up for ten years.
- Using results of the Rotterdam cohort3, sample size for our study is 4000 incident dementia cases (power 0.8, CI 95%). We expect a minimum of 8,000 cases with at least 5 years of follow-up data in the 2017 CPCSSN dataset.

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- Validation of dementia, hypertension and diabetes case definitions were obtained by comparing CPCSSN data against the gold standard (primary chart abstraction)4.

REFERENCES