

A dramatic increase in dementia is expected worldwide, especially in East Asia. Recently, there have been reports that Alzheimer's disease-modifying drug Lecanemab has suppressed cognitive decline, and this is expected to be a major breakthrough. On the other hand, there are many issues regarding the long-term efficacy, adverse events, and economics of disease-modifying drugs. The establishment of non-pharmacological methods to prevent the onset and progression of dementia is an urgent issue.

The Lancet International Commission on Dementia Prevention, Intervention and Care (Lancet International Commission) reported the following modifiable risk factors for dementia in 2020: educational history in childhood, hearing impairment in middle age (45 to 65 years), hypertension, obesity, head trauma, alcohol (> 168 g/week), smoking in old age (> 65 years), depression, physical inactivity, social isolation, diabetes, and air pollution. It is estimated that about 40% of the world's dementia cases could be delayed or prevented if appropriate measures were taken for these 12 modifiable risk factors. However, interventions for individual risk factors have limited effectiveness in reducing cognitive decline and dementia, and multifactorial intervention studies in which multiple risk factors are intervened simultaneously are becoming the norm worldwide. In this symposium, the latest trials to prevent dementia in Taiwan, Malaysia, Singapore, and Japan will be introduced, and future issues will be discussed.