

치매 예방을 위한 생활습관 교정



김 희 진

삼성서울병원 신경과

Lifestyle modification intervention for dementia prevention

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Studies have shown an association of lifestyle-related risk factors with incident dementia in people older than 65 years. Since there is no disease modifying treatment for dementia, more focus is given to prevention strategies. Several large lifestyle-based randomized controlled trials aiming to prevent dementia have been reported. Although the results were inconsistent, some studies showed that lifestyle modification could improve or maintain cognitive functioning in at-risk elderly people.

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