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The risk chart for detection of dementia individual risk: First step for a personalized prevention protocol

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Sporadic Alzheimer's disease (AD) is a progressive degenerative dementia with a senile onset. The AD aetiology is still unclear and the pathogenesis of the disease is likely to be multi-factorial. No medication for the disease is available and dementia is becoming a world-wide medical and social emergency. During last 10 years, we collected large data base focused on risk factors associated with cognitive decline and dementia from several case control studies and longitudinal population investigations. Several new factors associated with an increased risk of developing dementia as assessed by innovative statistical analysis derived from neural network algorithms and applied our data bases. A new risk chart derived by our previous investigations to assess the individual risk of developing cognitive decline and/or dementia in healthy subjects with positive familiarity for AD is presented. This chart is also useful to assess dementia risk in patients with previous traumatic brain injury, Parkinson disease, post brain stroke or Down's syndrome. This new risk chart consists of several and diverse variables. Familiarity, APOE genotype, diabetes, plasma lipid profiles, plasma homocysteine, blood vitamin B12 and folates, plasma CRP levels plasma antibody titers against virus of the Herpes family, antibody levels specific for *Helicobacter pylori*, and presence of periodontitis are major components of the chart. The differential presence of the above variables will result in an individual risk score computed in three different risk levels for cognitive decline or dementia. Impaired levels of most variables can be changed with nutritional or other therapeutic interventions with the aim of decreasing individual risk level for the disease. The goal of this approach is to introduce new personalized therapy for healthy elderly or old person with mild cognitive impairment. This chart is aimed to decrease prevalence and incidence of dementia by a preventive personalized medical approach.

Biography

Federico Licastro completed his Degree in Medicine at University of Bologna in 1977 and; Specialization in Pediatrics in 1980. He was an Assistant Professor of General Pathology at Institute of General Pathology, Faculty of Medicine, University of Bologna in 1980 and; Associate Professor of General Pathology at Institute of General Pathology, Faculty of Medicine, University of Bologna in 1984. Currently, he is an Associate Professor of Immunology in Department of Experimental Pathology, University of Bologna. He is an author and co-author of 254 scientific articles.

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