

Strategies for Preventing Neurocognitive Disorders in the Elderly

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Preventive measures against cognitive decline and dementia in the elderly are essential for maintaining long-term independence and functionality, as well as reducing the social and economic burden of long-term care. Neurocognitive disorders involve marked declines in memory, attention, language, executive functions, and motor skills, with a clear distinction between normal age-related cognitive changes and major disorders that impair daily functioning and independence.

Prevention focuses on mitigating the severity and incidence of these disorders through tailored approaches that consider genetics, age, environment, lifestyle, and comorbidities. Key interventions include a balanced diet, physical activity, mental wellness practices, lifelong learning, and assistive technologies. The Mediterranean and DASH diets are notable for their cognitive health benefits, while regular physical activity enhances brain blood flow, neurogenesis, and neuroplasticity. Additionally, creative and recreational activities support mental health.

Early diagnosis through neuropsychological assessments, biomarkers, and brain imaging aids in monitoring disease progression, while pharmacological treatments and comorbidity management optimize patient outcomes. The involvement of family and caregivers is crucial, with an emphasis on emotional support and collaborative decision-making in care.

Ultimately, preventing neurocognitive disorders in the elderly is vital for improving quality of life and minimizing the societal impact of these conditions. Effective public health policies and international research collaboration are recommended to address this global health challenge comprehensively.

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