

## ***The Dementia Prevention Initiative: Advancing Population Prevention Solutions (APPS)***

Dementia is untreatable, but we found that some dementias are being prevented: We aim to find out how and why and help apply the lessons Canada-wide.

We showed that, in step with the successful implementation of an Ontario Stroke Strategy aimed at treating, rehabilitating and preventing stroke, the incidence of stroke declined by 32% and dementia by 7%.

Experiencing a stroke doubles your chances of developing dementia. Since stroke is 90% preventable, if we can prevent the onset of stroke, can we also reduce the chances of someone developing dementia? That is the goal of our ambitious new research project to map the interactions between stroke, dementia and heart disease, so that we can better understand how to treat and prevent these diseases. Using newly available data and tools, together with our partners we plan to comprehensively map population, environmental, socioeconomic and individual risk and protective factors, in combination with brain imaging and cognitive assessment across Canada, to identify areas of high and low incidence of stroke, cognitive impairment and dementia and develop customized, cost-effective solutions.

Neurodegeneration can be precipitated, accelerated and complicated by other brain damaging causes. The most common and the only treatable and preventable causes are vascular (blood vessel diseases). Treating and preventing vascular causes might slow, delay or prevent neurodegeneration.

The initiative involves investigators from 5 faculties at Western University, 5 provinces and 4 countries. It aims to build bridges among disciplines and foster a new generation of investigators familiar with multidisciplinary approaches and new methodologies.

The Western Ontario Health team and the City of London are making an upfront commitment to consider our evidence based, cost-effective, actionable recommendations and the province of Nova Scotia is committing “to invest internal funding.. (in) .. knowledge translation strategies following identification of target areas”. Canada might become the first country to show how to prevent stroke, heart disease and some dementias, comprehensively, systematically and effectively.

Vladimir Hachinski, CM MD DSc FRCPC FRSC  
on behalf of the Dementia Prevention Brain Health Initiative

For a background to the project, please click on

[https://www.dropbox.com/s/t14wxm1t94alkki/Robert\\_Wartenberg\\_Lecture.mp4?dl=0](https://www.dropbox.com/s/t14wxm1t94alkki/Robert_Wartenberg_Lecture.mp4?dl=0)