

# Cognitive Decline



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Cognitive Decline - Strategies for Prevention examines the problems associated with our understanding of the ageing brain, whether or not such decline is inevitable and if there are practical steps which can be taken to prevent or minimize cognitive decline in late life. Current preventive medical strategies have primarily targeted the top three causes of death in the developed world: heart disease, cancer and stroke. Less attention to date has been paid to cognitive decline and dementia, possibly because the generally held view has been that little or nothing could be done to help them. Our knowledge about the prevention of cognitive decline and dementia in old age has grown rapidly in recent years and it is becoming clear that preventative strategies are now viable. This book brings together a group of leading researchers in cognitive ageing to assess and make practical recommendations about the strategies currently available. The chapters assess how 'normal' cognitive ageing should be defined and what the genetic, medical, psychological and environmental factors are which can adversely affect optimal cognitive function in late life. It then goes on to examine how 'healthy living' strategies can be employed throughout life to prevent cognitive decline in later years and what are the current research strategies which promise new approaches to prevention in the future.

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