

Departmental Seminar

Cognitive Health in Aging: Community-based Cohort and Interventional Studies

2:30 p.m. – 3:30 p.m. | April 11, 2018 (Wednesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Cognitive function declines with increasing age. The trajectories of cognitive decline are determined by multiple factors. Many factors are potentially modifiable, such as diet and lifestyles. In Singapore, we have been working on community-based cohorts to identify risk and protective factors of cognitive decline and cognitive impairment in aging. In this talk, I will share selected findings on nutritional and dietary factors such as homocysteine, folate, vitamin B-12, tea and mushroom consumption, etc. I will also introduce the study design and cognitive measures in my two ongoing cohort studies, as well as several interventional studies that I am working on. Last, I will discuss the trends of cognitive impairment and dementia in Chinese, and share the idea and preliminary plan of forming a large consortium to study cognitive aging and dementia prevention in the Chinese populations.

~All are Welcome~