

MIND-AD

Multimodal preventive trials for Alzheimer's Disease: towards multinational strategies

The anticipated pandemic increase in the number of Alzheimer disease (AD) and dementia cases carries serious implications for society. The goal of the MIND-AD project is to identify effective prevention strategies for AD/dementia tailored to different “at-risk” groups.

The project is based on experiences and data from five ongoing European intervention studies on AD/dementia prevention, including FINGER (Finland), MAPT (France), PreDIVA (Netherlands), LiPIDiDiet (Germany, Finland, Netherlands, Sweden) and HATICE (Finland, France, Netherlands, Sweden) studies. All these trials are testing the effects of multimodal interventions targeting vascular, dietary, and lifestyle-related risk factors in non-demented older adults.

The novel approach of this project consists of multi-domain interventions, inclusion of novel models of delivery (e.g. computer-based cognitive training, medical food), critical feedback from trial participants, and synergistic use of data from several European countries with over 10,000 participants.

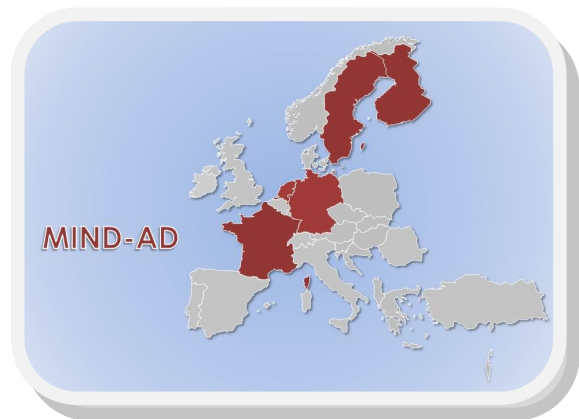
Furthermore, a pilot study will be conducted in which a multimodal preventive intervention will be tested for the first time in prodromal AD (i.e. individuals whose memory has declined more than can be explained by ageing alone).

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