

Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability

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Country

Finland

Title of project or programme

Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability

Source of funding information

Academy of Finland

Total sum awarded (Euro)

€ 450,000

Start date of award

01/09/2012

Total duration of award in years

4

Keywords

Research Abstract

Many vascular and life-style related factors, such as hypertension, diabetes and overweight increase the risk of dementia. Interventions upon such factors exist, and they may also prevent/postpone dementia. Therefore, we have initiated the Finnish Geriatric Intervention Study (FINGER) which is a 2-year multi-domain intervention study aiming to lower the risk of cognitive decline and disability. The FINGER study enrolls 1200 independently living, 60 to 77 year old persons at an increased risk of dementia. They are randomized to receive either the multi-domain intervention or general health advice. The FINGER multi-domain intervention components are: 1) Dietary guidance; 2) Physical activity; 3) Cognitive training and social

activities; and 4) Intensive monitoring and management of metabolic and vascular risk factors. The results of the first multi-domain intervention will help in planning and implementation of preventive measures for the whole population at risk in the future.

Further information available at:

Types:

Investments < €500k

Member States:

Finland

Diseases:

N/A

Years:

2016

Database Categories:

N/A

Database Tags:

N/A