

EURO-SCD

Subjective cognitive decline in preclinical Alzheimer's Disease: European initiative on harmonization and on a lifestyle-based prevention strategy

Subjective cognitive decline (SCD) in elderly individuals with still normal cognitive performance is considered an at-risk condition of Alzheimer's disease (AD) dementia and may reflect its first symptomatic manifestation. This makes SCD a promising target for dementia prevention trials.

This project aims at creating a transnational, harmonized definition and assessment protocol of SCD for early intervention trials. In particular, data from existing SCD samples will be gathered from the participating sites. Based on these data, the harmonized protocol will be designed and tested in a new multi-center pilot cohort. If the harmonization process is successful, this will be the first trans-national SCD protocol and the basis for intervention studies across other countries in the future.

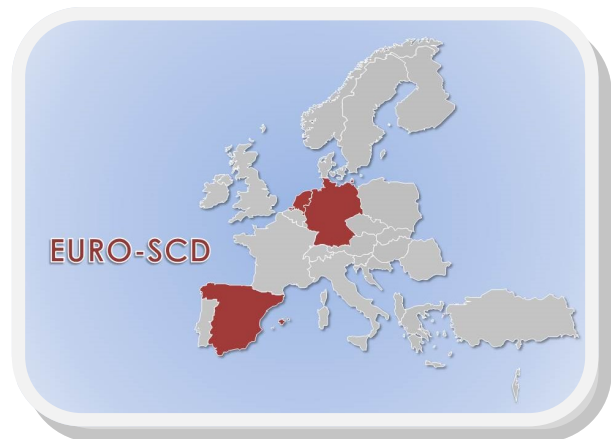
Secondly, an internet-based dementia prevention program will be created which specifically focuses on the individuals with SCD. It will be designed as a self-applied lifestyle modification program, which will be distributable at low costs across Europe.

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