

# EURO-Fingers

Multimodal precision prevention toolbox for dementia in Alzheimer's disease

Prevention of Alzheimer's disease (AD) and dementia is a global public health priority. EURO-FINGERS builds upon the successful experiences of two multimodal prevention trials: the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) and the JPND-funded MIND-AD. The FINGER intervention trial showed that a multimodal lifestyle intervention consisting of nutritional guidance, exercise, cognitive training, and control of vascular risk factors benefitted cognition in seniors at increased risk of dementia. In MIND-AD, this model has then been tested for the first time also in subjects with early-symptomatic (prodromal) AD.

EURO-FINGERS will leverage these and other European data to develop tools enabling Precision Prevention for dementia and AD. These tools include methods to accurately measure the level of AD risk in seniors, and their prevention potential. In fact, there is no "one-size-fits-all" solution: to be effective and sustainable, preventive strategies need to be tailored to specific risk groups, identified by clinical and biological features, and environmental risk factors exposure.

EURO-FINGERS will also develop an innovative trial model, combining multimodal lifestyle interventions with drugs that might halt AD. This include a tool (EURO-FINGERS online registry) to easily direct research-interested citizens/patients to the most suitable prevention trials. Furthermore, through their active engagement in EURO-FINGERS, the project aims to empower subjects at risk (or early-stage) of AD dementia, by integrating their views and preferences in guidelines on how clinicians should disclose the at-risk status. The project will also identify strategies for shared decision-making, to improve patients and caregivers involvement in the diagnostic process and the choice of preventive strategies.

Results from EURO-FINGERS are expected to benefit people at risk of AD dementia by creating knowledge on effective and sustainable prevention strategies for seniors, as well as a solid framework for AD prevention Europe.

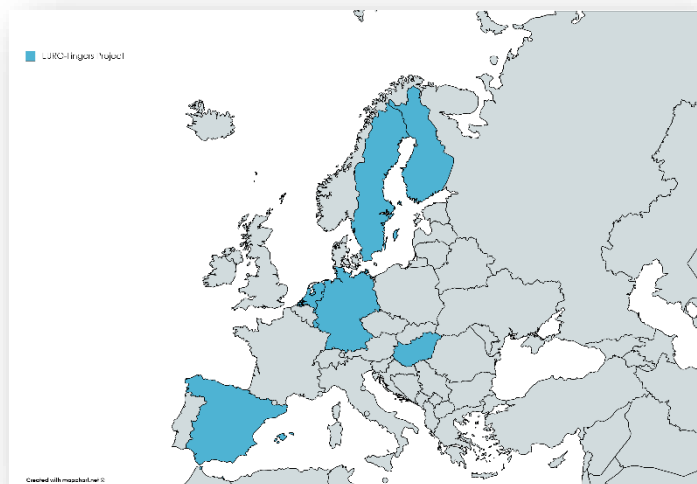
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