

Epidemiology of dementia in greece

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The studies on the prevalence of Dementia, Depression and Mild Cognitive Impairment (MCI) in Greece are sparse and show major variations of prevalence depending on geographical areas, nutritional habits and way of living. The aim of this presentation is to talk about three door-to-door studies in three different places of Greece in order to find the prevalence of Dementia, Depression and MCI in rural and urban Greek populations. First study: We investigated the prevalence and incidence of dementing disorders in the city of Pylea, Greece, using a door-to-door three-phase approach, and explored the relationship between age and gender. We were able to visit and examine 380/704 subjects more than 70 years old (54 percent); The prevalence of dementia was 9.2% and the incidence two years later was 57/1,000. Second study: The aim of this study was to determine the prevalence of MCI in individuals aged over 65 in a rural area in the north part of Greece (7 villages). From 1428 residents, 678 were finally examined, with a mean age of 73.35 years. 26.3% were classified as Mild Cognitive Impaired (MCI) without depression, 8.8% as MCI due to depression, 5.9% had solely depression, the 2.4% were diagnosed with dementia and 56.6% had normal mental status. Third study: Four hundred and forty-three individuals over the age of 60 following the application of specific criteria, were diagnosed with: Normal Cognition, Depression, MCI with and without Depression, Dementia with and without Depression in 7 villages of mountain region of Crete. Four diagnostic methods were used, two of which included Mungas correction for age and education. After Mungas adjustment, the results were as follows: Depression: 33.9%; MCI: 15.3%; MCI with depression: 8.6%; Dementia: 2.0%; Dementia with depression: 7.2%. We followed the same methods in three different regions and we found different prevalence numbers. We believe that education is very important in these three studies. Only in Crete the prevalence of dementia was more than in other developed countries.