PREVALENCE OF MILD COGNITIVE IMPAIRMENT (MCI) AND ITS SUBTYPES IN THE MEXICAN ELDERLY POPULATION

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Objective: To estimate the prevalence of mild cognitive impairment (MCI) and its subtypes, taking into consideration education and health status. Design: This is the first report of our Study on Aging and Dementia in Mexico (SADEM). This study was conducted to determine the prevalence of MCI between September 2009 to March 2010 in Mexico City Setting: In-home assessment for cognitive impairment. Participants: This study included 3,105 elderly individuals from 60 or more years old from Mexico City. Measurements: We estimated the prevalence of MCI based on Petersen criteria, and specific subtypes were examined in detail. Mild cognitive impairment was classified into amnestic MCI (a-MCI), MCI with multiple domains cognitive impairment (mcd-MCI), and single non-memory domain MCI (sn-MCI). Global and specific prevalence by age, sex, education and health status were calculated. Results: The global estimated prevalence of MCI in the Mexican population was 6.6% (95% CI, 5.64–7.40). Of these, 4.1% (95% CI, 3.36–4.76) met criteria for amnesic MCI (a-MCI), 2% (95% CI, 1.46–2.48) for MCI with multiple domain cognitive impairment (mcd-MCI), and 0.5% (95% CI, 0.31–0.84) single non-memory domain MCI. Women showed a higher prevalence of MCI that the men (61.7% vs. 38.3%, respectively). The prevalence increased with age, yet it seemed the highest at the ≥81 age group. Conclusions: Determining the prevalence of impaired cognition and subtypes of are important for planning optimal care and treatment for elderly individuals. The results suggest that stoke, heart disease and depression may have an important role in the prevalence of MCI