

Preliminary results of screening of the mild cognitive impairment and dementia in Almaty.

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Data on the prevalence of mild cognitive impairment (MCI) and dementia are absent in Central Asia, particularly in Kazakhstan. Moderate cognitive impairments, according to several authors are an intermediate stage between normal aging and dementia. The prevalence of MCI varies from 16% to 20%, indicating a high risk of transformation of MCI into dementia. 46.8 million people worldwide suffer from dementia. 5.2% are people over the age of 60. The main aim of the work was to reveal the prevalence of MCI and dementia among people over 60 years old in Almaty. 236 respondents aged from 60 to 95 years took part in the screening (mean age of patients 67.5 ± 5.5). The primary material was collected using the CHAMP Clinic Questionnaire and the MOCA test (cut point ≤ 26), based on the Almaty city hospital, which numbers are more than 60,000 people, 10265 of them are over 60 years old (17.10%). We identified light cognitive impairment - 52.12% (123 respondents), mild cognitive impairment - 33.05% (78 respondents), normal cognitive function - 14.41% (34 respondents) and 0.42% (1 respondent) with dementia. Numerical values indicate a high percentage of dementia syndrome development, from 1 to 5 years, in the absence of preventive care. Kazakhstan is a middle-income country and a growing trend of an aging population; we urgently need to conduct a screening of the population to identify MCI and dementia. This will reduce the risk of transition of moderate CI to dementia.