Diabetes, vitamin D deficiency: Study links 15 factors to early dementia risk

A recent study highlights 15 lifestyle and health factors linked to young-onset dementia, affecting those under 65.

festyle choices could influence the development of dementia.

In Short

- A study highlights 15 lifestyle and health factors linked to young onset dementia risk
- Diabetes, vitamin D deficiency, stroke, chronic stress and others are linked to the risk
- A complex relationship between alcohol consumption and early dementia risk was found

Dementia is typically associated with older adults, but a significant number of people are diagnosed with young-onset dementia each year. This phenomenon, which occurs before the age of 65, affects hundreds of thousands globally, disrupting careers, family life, and daily routines.

Dementia is a progressive condition that impairs cognitive functions such as memory, thinking, and reasoning. It affects daily life and communication, often leading to confusion and personality changes.

A recent study, published in JAMA Neurology, sheds light on 15 lifestyle and health factors linked to young onset dementia risk, offering insights into how individuals might lower their chances of developing this debilitating condition.

"This is the largest and most robust study of its kind ever conducted," said David Llewellyn, an epidemiologist from the University of Exeter in the UK. Published in December, the study analysed data from 356,052 individuals under 65 in the UK. Llewellyn emphasised the study's significance, noting that it reveals actionable factors that may help reduce the risk of dementia risk before 65.

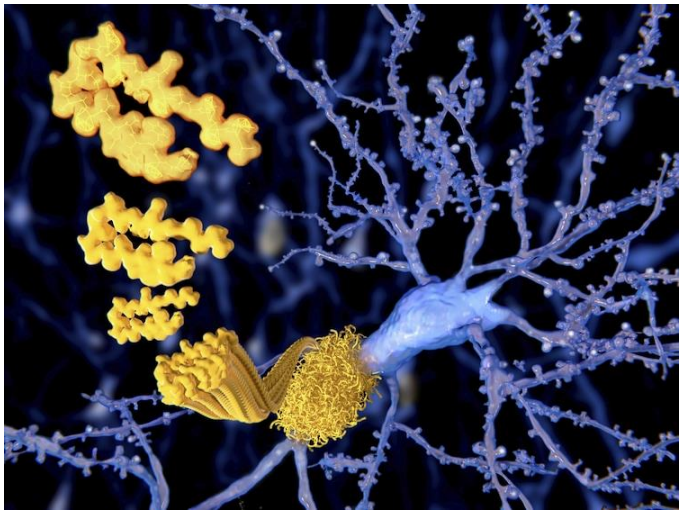
A study highlights 15 lifestyle and health factors linked to young onset dementia risk.

The study identifies 15 factors that can increase the likelihood of developing young-onset dementia. These include both health and lifestyle factors:

- Low socioeconomic status
- Social isolation
- Hearing impairment
- Stroke
- Diabetes
- Heart disease
- Depression
- Vitamin D deficiency
- High C-reactive protein levels (a marker of inflammation)
- ApoE4 gene variants (associated with Alzheimer's disease)
- Alcohol abuse
- Physical frailty
- Lower handgrip strength
- Chronic stress

- Loneliness

These factors are linked to various aspects of physical and mental health, which means many are modifiable. "We may be able to take action to reduce the risk of this debilitating condition by targeting a range of different factors," Llewellyn explained.



Diabetes, vitamin D deficiency, stroke, chronic stress and others are linked to the risk.

The study found a complex relationship between alcohol consumption and young-onset dementia. While alcohol abuse was associated with a higher risk, moderate to heavy drinking appeared to lower the risk.

The researchers suggest this might be because moderate drinkers tend to have healthier lifestyles overall. It's important to note that those who abstain from alcohol may often do so due to underlying health issues, skewing the results.

The research highlights the significant role mental health plays in dementia risk. Though these findings don't establish a direct cause-and-effect relationship between these factors and YOD, they contribute to a clearer understanding of how dementia develops.

News Source:

https://www.indiatoday.in/health/story/diabetes-vitamin-d-deficiency-study-links-15-factors-to-early-dementia-risk-2606933-2024-09-26