



26. THE MAIN RISK FACTORS IN VASCULAR DEMENTIA

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Introduction. Worldwide, approximately 47 million people are living with a diagnosis of dementia. By the year 2050, this figure will increase approximately 3 times, the number being 134 million people. Vascular dementia is the second most common type of neurocognitive impairment after Alzheimer's dementia. Vascular dementia accounts for approximately 20% of all dementia cases. Certain risk factors can increase a person's chances of developing vascular dementia; avoiding and controlling these are the basic principles in dementia prevention.

Aim of study. The aim of our study is a literature review on the importance of risk factors in vascular dementia.

Methods and materials. A bibliographic study of scientific literature specialized at vascular dementia. Were used scientific publications and articles from the PubMed, Medscape, and database published during 2018-2023.

Results. Data from the scientific literature show the existence of many types of risk factors in vascular dementia. Some of the most important and common risk factors are strokes. Another significant factor that increases the risk of vascular dementia is the advanced age of the patient. After 65 years, there is a major risk of disease progression. Cerebral atherosclerosis is equally important as a risk factor; cholesterol deposits in vascular walls alter muscle elasticity and tone. Another factor is hypertension, which produces a defective regulation of cerebral flow. High blood glucose in diabetes increases the risk of stroke. Smoking actively participates in the breakdown of blood vessels. Obesity is the main cardiovascular risk, leading to vascular dementia. Atrial fibrillation promotes the formation of blood clots in the heart.

Conclusion. The influence of risk factors in vascular dementia is extremely important in the evolution of the disease. Their avoidance and control can enhance the patient's quality of life.