

## The monograph

### ”Major cognitive disorders (dementia) in patients with neurodegenerative and vascular pathology. Pathophysiology, diagnosis, treatment”

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The undersigned **Cristinel Stefanescu**, qualified university professor, doctor of medical sciences, discipline of Psychiatry, *G. T. Popa* University of Medicine and Pharmacy, Iasi, Romania, primary psychiatrist, head of the V-th Acute Section, Socola Institute of Psychiatry in Iasi, I carefully read the monograph ”Major cognitive disorders (dementia) in patients with neurodegenerative and vascular pathology. Pathophysiology, diagnosis, treatment”. In the following lines, I will briefly express my considerations.

Major neurocognitive disorders have as their common denominator the progressive decline of cognitive and socio-occupational functions, which leads to a significant and progressive decrease in the overall functioning of the person. These disorders are a major cause of morbidity and mortality in old age, with a great impact on the quality of life, both for patients and those around them. The global prevalence of dementia was 24 million in 2011, safely under-reported, and it is estimated to double every 20 years. The global incidence of dementia continues to increase annually in both low- and middle-income and high-income countries.

Major cognitive disorders are a frequent cause of referral of patients and their relatives to health services. Recognizing these complex disorders as early as possible allows the patient to benefit from therapy within a multidisciplinary team of specialists.

Monograph ”Major cognitive disorders (dementia) in patients with neurodegenerative and vascular pathology. Pathophysiology, diagnosis, treatment” was developed by a team of renowned specialists in neurology and psychiatry. The work presents a real scientific value through data from the latest literature, based on a generous bibliography.

Neurodegenerative processes have a multifactorial etiology, being the subject of extensive research. The work attracts and impresses by presenting different types of dementia, with the description of modern concepts regarding biological, genetic, epigenetic, environmental risk factors. The authors of these materials elucidate the pathogenetic and physiopathological mechanisms in major cognitive disorders, the involvement of different neurotransmitter systems, the presence of neuropathological and morphopathological changes in the brain.

Extensive material is devoted to contemporary clinical approaches in major neurocognitive disorder secondary to Alzheimer’s disease, major frontotemporal neurocognitive disorder, dementia with Lewy bodies, major vascular neurocognitive disorder, substance-induced brain injury, autoimmune, demyelinating and inflammatory diseases of the nervous system, also secondary to prior diseases, Parkinson’s, Huntington’s, structural brain disorder (brain tumors), and metabolic disorder.

For all these types of dementia, diagnostic markers, key elements, examples of neuropsychological tests, essential clinical features, examples of clinical manifestations are presented.

In the framework of the research, the peculiarities of onset and evolution, the functional consequences of patients with major cognitive disorders, the prognosis of the patients were studied. The paper presents modern ancillary investigations and their principles of interpretation. Essential comorbidities considered for differential diagnosis are also described.

The last chapter is dedicated to the assessment of cognitive deficit, tools for measuring cognitive decline and principles of treatment of patients with major neurocognitive disorders. In the opinion of the authors, the management of patients with dementia must focus not only on pharmacological therapy, but also on biopsychosocial aspects. Pharmacological approaches and non-pharmacological interventions for these patients are detailed.

In conclusion, major cognitive disorders are a challenge for the healthcare system. The monograph, with certainty, will contribute to the creation of necessary skills for doctors of various specialties to delay the onset of major cognitive disorders at different levels of healthcare.

Based on the above, I believe that the monograph ”Major cognitive disorders (dementia) in patients with neurodegenerative and vascular pathology. Diagnosis, treatment” can be recommended for studying.

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