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**Project Title**

Predicting cognitive impairment using modifiable risk factors to inform population-level prevention

**Project Summary**

Mild cognitive impairment (MCI) refers to a state between normal cognition and dementia and is characterized by problems with memory, language, thinking or judgement. Though some cognitive decline is associated with normal aging, those with MCI are at increased risk of developing dementia. There are currently no treatments to reverse cognitive decline or cure dementia, however there are known ways to reduce your risk of further decline and dementia development. In this project we will explore at how modifiable risk factors (including physical activity, diet, smoking, hearing impairment, vision impairment, sleep, oral health, and traumatic brain injury) influence the risk of developing cognitive impairment. We will then use this information to develop a risk prediction tool that can be used by policy makers to estimate the burden of cognitive decline in the Canadian population and evaluate risk reduction strategies.

**Keywords**

cognitive impairment | dementia | population modelling