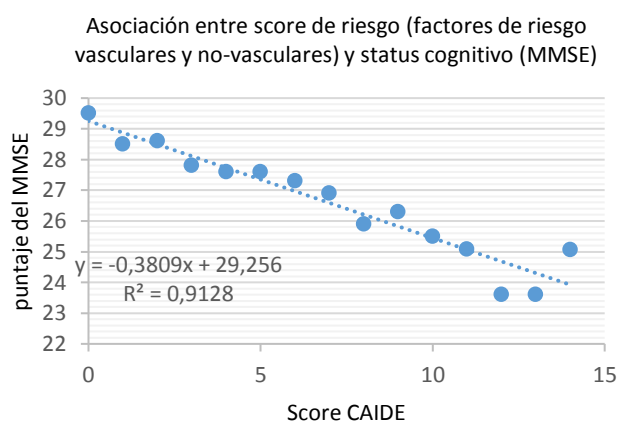


Date of presentation: 10-6-2018; Hora 12:20 a 12:30. Room; B3
Session: Cerebrovascular disease, stroke and cognitive dysfunction.

VASCULAR AND NON-VASCULAR PREDICTORS OF COGNITIVE DETERIORATION IN HYPERTENSIVE PATIENTS

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Objective: Hypertension (HTN) is the main vascular risk factor for developing cognitive impairment (CI) and dementia, but there are other vascular and non-vascular risk factors that increase this risk. 1) To know the current cognitive status and to stratify the risk of dementia in a sample of hypertensive patients, 2) to observe the association between vascular and non-vascular risk factors with the current cognitive status.



Design and method: Hypertensive patients participants from the Heart-Brain Study in Argentina (both sexes, > 21 years). To assess the current cognitive status, the Mini-mental test (MMSE) adjusted to age and level of education was used. And, to stratify the risk of dementia, the CAIDE score (Cardiovascular risk, aging and incidence of dementia) was used for assesses the risk factors: 1) non-modifiable (age and sex), 2) modifiable non-vascular (education) and 3) modifiable vascular (hypertension, obesity, cholesterol and physical activity)

Results: Were included 1279 hypertensive patients, average age 60.2 ± 13.5 years (71% female). The average years of education of the total sample was 9.9 ± 5.1 years. With 7 years or less of education: 44.5%; between 8 and 12 years old: 33% and 12 years old or more: 22.4%. The 46% of the sample were treated and controlled. The average MMSE score in the total sample was 26.6 ± 3.6 pts (Normal (27-30 pts) 66.3%, doubtful (25-26 pts) 10.6% and abnormal (≤ 24) 21.1 %). According to the CAIDE score, 55.4% presented a low risk of dementia (1 to 1.9%), 39.7% moderate risk (4.2 to 7.4%) and 4.7% high risk (16.4%). An inverse relationship was observed between CAIDE score (vascular and non-vascular risk factors) and current cognitive status (MMSE) (R^2 0.9128, p 0.000).

Conclusions: Cognitive impairment (MMSE ≤ 24 pts) was present in more than 20% of hypertensive patients. Approximately 40% of hypertensive patients presented a moderate risk of dementia and 5% severe risk. The CAIDE score (vascular and non-vascular risk factors) was inversely related to the current cognitive status (MMSE).