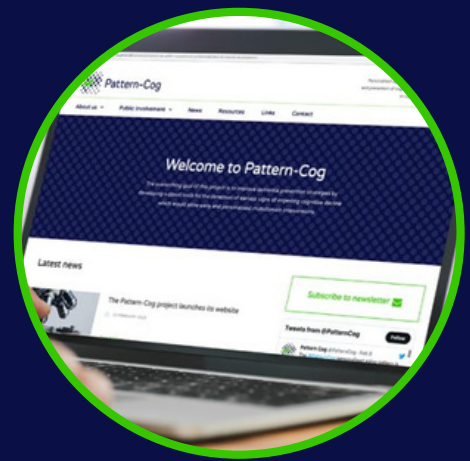




# Pattern-Cog

Personalised ageing pattern  
for early risk detection and prevention  
of cognitive impairment and dementia  
in cognitively healthy individuals



## WORKING TOGETHER TO IMPROVE DEMENTIA PREVENTION STRATEGIES

<https://pattern-cog.eu>



### WHO WE ARE?

We are a multinational interdisciplinary consortium aiming to improve dementia prevention strategies by developing support tools for the detection of earliest signs of impending cognitive decline which would allow early and personalised multidomain interventions.

Pattern-Cog is a 3-year European project receiving funding from ERA PerMed.

#ERAPerMed

### WHAT WE DO?

Previous findings demonstrated that multidomain lifestyle intervention showed beneficial effects on cognition among older adults at risk for dementia from the general population. However this intervention effectiveness may be dependent on methodology that does not yet exist including accurately identifying people at risk who are most likely to benefit.

Pattern-Cog addresses this methodological gap and our focus is in the presymptomatic phase of dementia and people at-risk.

### MAIN OBJECTIVES



#### DEVELOPMENT

Developing methods to predict future cognitive decline based on existing data



#### VALIDATION

Testing the personalised medicine methodology in randomised ongoing trials for dementia prevention



#### MANAGEMENT

Addressing the ethical and social implications of informing at-risk individuals

### PARTNERS

