

Pattern-Cog

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



https://pattern-cog.eu

WORKING TOGETHER TO IMPROVE DEMENTIA PREVENTION STRATEGIES



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 impeding cognitive decline which would allow early and personalised multidomain interventions.

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

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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 effectiness may be dependent on methodolody 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



Developing methods to predict future cognitive decline based on existing data



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



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

PARTNERS









Fundación Centro de Investigación Enfermedades **Neurológicas**





"This project was supported through the following funding organisations: Finland, Academy of Finland (AKA); Germany, Federal Ministry of Education and Research (BMBF); Germany, Federal Ministry of Health (BMG); Luxembourg, National Research Fund (FNR); Spain, National Institute of Health Carlos III (ISCIII); Sweden, Swedish Research Council (SRC); under the frame of ERA PerMed." This communication reflects the views of the authors and neither ERAPerMed or the national funding agencies are liable for any use that may be made of the information contained herein.