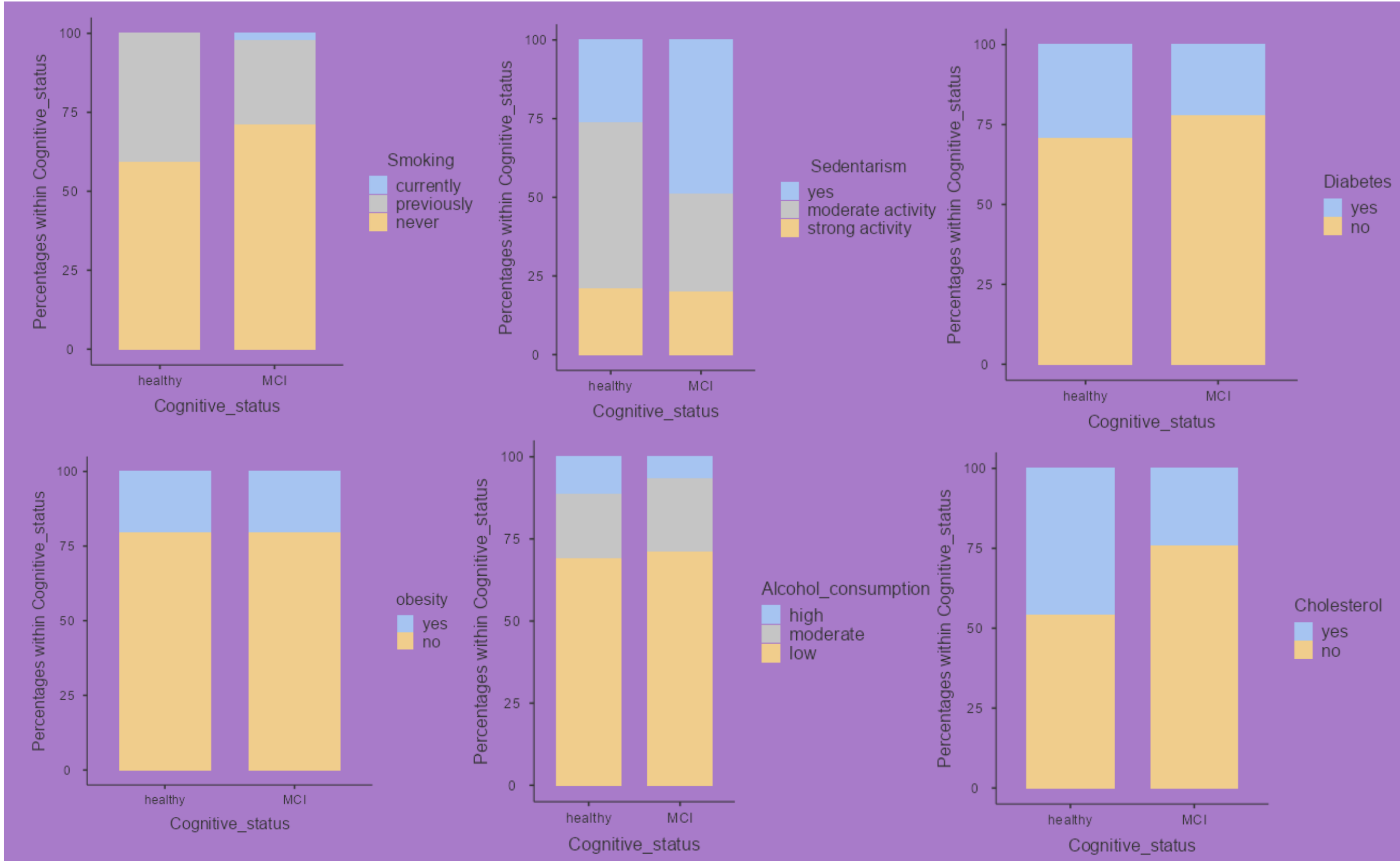


Cardiovascular risk factors for dementia and cognitive performance in an Argentinean sample

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The control of cardiovascular risk factors are very relevant to prevent dementia. In this Argentinean sample we show that currently older adults tend to have healthy habits and a better control of this factors. No differences were observed between healthy and MCI participants.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS
Some of the well documented risk factors for dementia are cardiovascular risk factors including: hypertension, cholesterol, smoking, diabetes, obesity, sedentarism and alcohol consumption. These factors have shown to vary across cultures and communities. The current work aimed to: 1. Analyse the presence of these factors in an Argentinean sample of oldest-old adults (>75) from Mar del Plata city and compare according to cognitive status (healthy vs. MCI). 2. Examine sex, age and educational level associations with the sum of cardiovascular risk factors.	Sample: 112 participants (age 75-98), 74 female, years of education 10,13 (SD 4,72). Instruments: ANU-ADRI Spanish translation and Argentinean version of the ACE-III. Procedure: participants were assessed individually with the questionnaire and the cognitive test. The protocol was approved by the ethics committee of the National University of Mar del Plata.	 Regarding the sum of cardiovascular risk factors, no differences by sex were observed (Mann-Whitney’s U = 519; p = .990). There were no correlations with age ($r_s = -.141$; p = .157) or educational level ($r_s = .014$; p = .885). A logistic regression also indicated that none of these variables alone or in the sum of cardiovascular risk factors can explain cognitive performance ($X^2_{(10)} = 14.187$; $R^2 = .197$).	Unexpectedly, cardiovascular risk factors did not correlate with cognitive performance in this sample. Possible explanations include: a) risk factors are controlled by medication; b) other unmeasured factors drive cognitive impairment in MCI patients; or c) the sample is psysically healthier due to recruitment from active older adult institutions. Further studies will investigate these counter-intuitive results.