

# Risk reduction in Cognitive Decline

Fanglin Zhang MD. PhD.  
Department of Neurology  
Stanford University School of Medicine



**VISUOSPATIAL / EXECUTIVE**

Copy cube

Draw CLOCK (Ten past eleven)  
(3 points)

[ ]

[ ]

[ ] [ ] [ ]

POINTS  
\_\_\_/5

**NAMING**

[ ]

[ ]

[ ]

POINTS  
\_\_\_/3

<b>MEMORY</b>	FACE	VELVET	CHURCH	DAISY	RED	
Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.	1st trial					No points
	2nd trial					

<b>ATTENTION</b>	Subject has to repeat them in the forward order	[ ] 2 1 8 5 4
Read list of digits (1 digit/ sec.).	Subject has to repeat them in the backward order	[ ] 7 4 2

Read list of letters. The subject must tap with his hand at each letter A. No points if  $\geq 2$  errors  
[ ] FBACMNAAJKLBAFAKDEAAAJAMOF AAB

Serial 7 subtraction starting at 100 [ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65  
4 or 5 correct subtractions: **3 pts**, 2 or 3 correct: **2 pts**, 1 correct: **1 pt**, 0 correct: **0 pt**

**LANGUAGE** Repeat : I only know that John is the one to help today. [ ]  
The cat always hid under the couch when dogs were in the room. [ ]

Fluency / Name maximum number of words in one minute that begin with the letter F [ ] \_\_\_\_ (N  $\geq$  11 words)

**ABSTRACTION** Similarity between e.g. banana - orange = fruit [ ] train - bicycle [ ] watch - ruler

<b>DELAYED RECALL</b>	FACE	VELVET	CHURCH	DAISY	RED	Points for UNCUED recall only
Has to recall words <b>WITH NO CUE</b>	[ ]	[ ]	[ ]	[ ]	[ ]	
Optional Category cue						
Multiple choice cue						

**ORIENTATION** [ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City

12 modifiable risk factors account for around 40% of worldwide dementias

Hypertension

Diabetes

Obesity

Smoking

excessive alcohol consumption ( less than 21 unit/week for M, 14 for F)

physical inactivity

hearing impairment

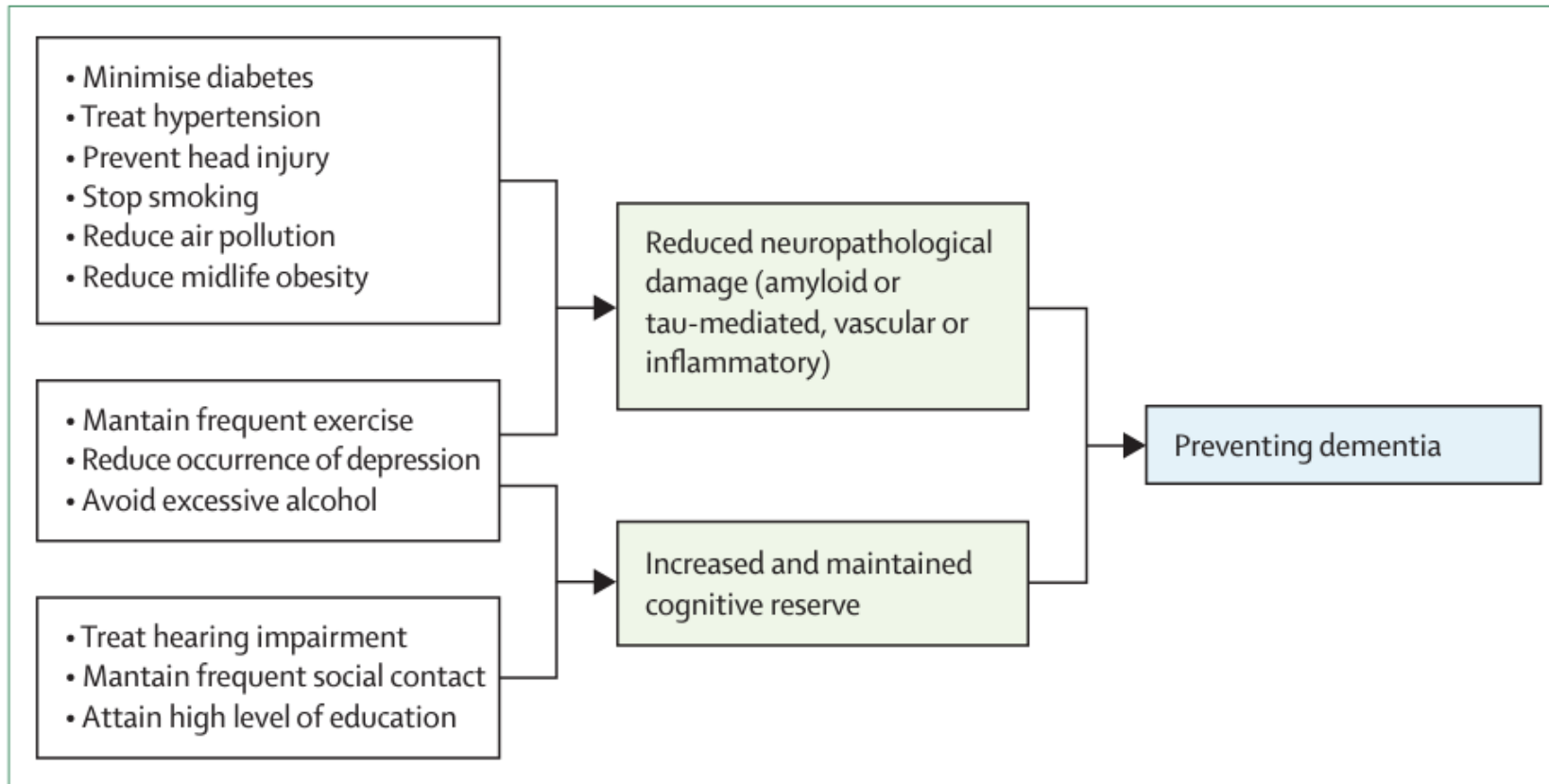
low social contact

less education

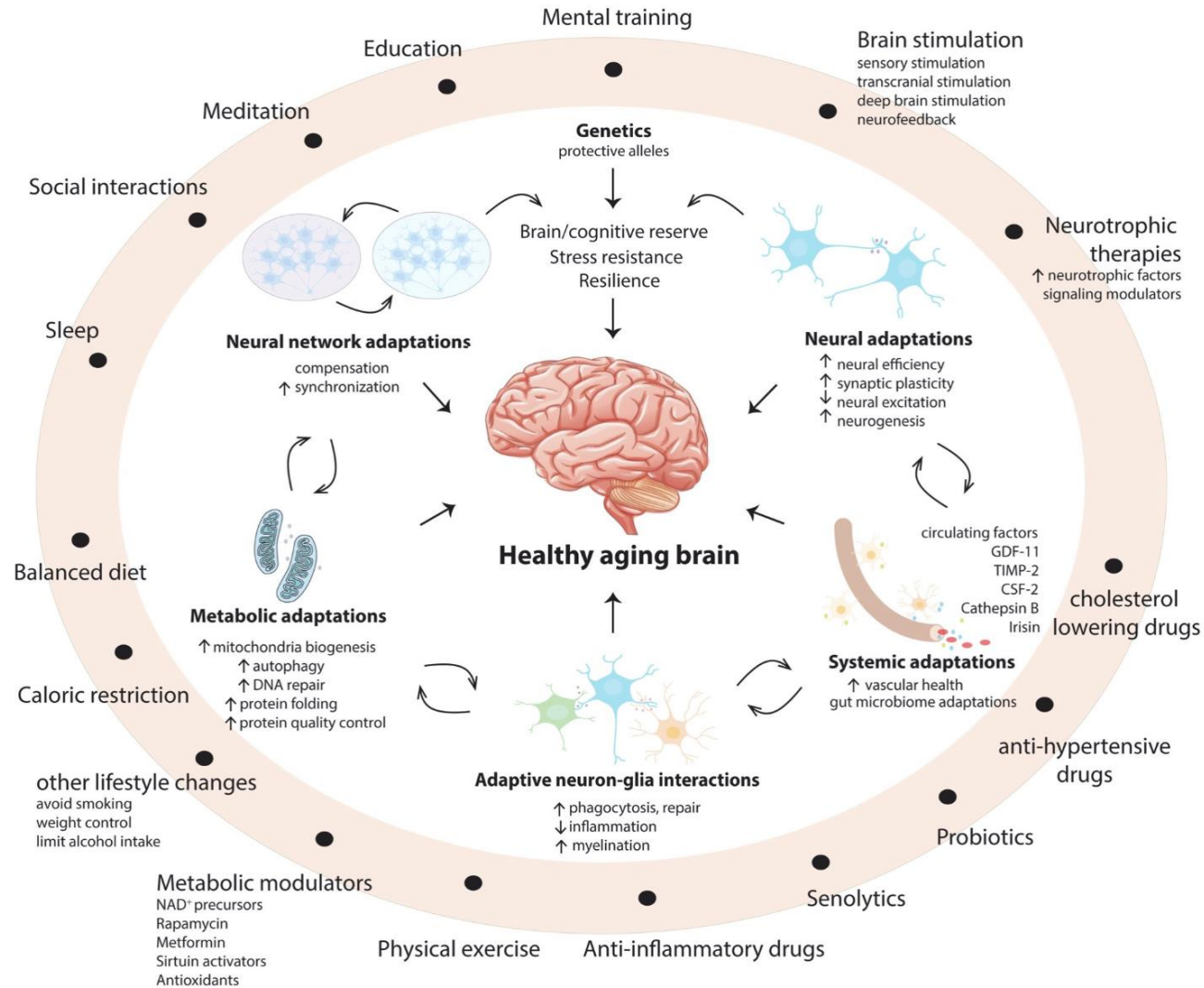
Depression

traumatic brain injury (TBI)

air pollution



**Figure 2: Possible brain mechanisms for enhancing or maintaining cognitive reserve and risk reduction of potentially modifiable risk factors in dementia**



Current Opinion in Neurobiology

The adaptive aging brain, [Current Opinion in Neurobiology Volume 72](#), February 2022