課 程 表

日期：105年12月14日(三)

時間：15：30~16：30

講題：From Optimal Aging to Dementia Management

摘要內容：

The profile of aging in Taiwan has changed dramatically over the last century. The average life expectancy at birth has increased from 30 years in 1906 to 79.8 years in 2014. By 2030, the percentage of the population over 65 years of age will exceed 20 percent. Worldwide, the number of adults over 60 years of age will top 2 billion by 2050 and will constitute over 20 percent of the world's population. Definitions of health and wellbeing in late life have changed with the increase in life expectancy. Heart disease, cancer, and stroke have become the leading causes of death among older adults, while deaths due to infection have decreased. Adults surviving into late life suffer from high rates of chronic illness; 80 percent have at least one and 50 percent have at least two chronic conditions. There is a strong association between the presence of geriatric syndromes (cognitive impairment, falls, incontinence, vision or hearing impairment, low body mass index [BMI], dizziness) and dependency in activities of daily living. Mild cognitive impairment (MCI) is an intermediate state between normal cognition and dementia. While specific changes in cognition are frequently observed in normal aging, there is increasing evidence that some forms of cognitive impairment are recognizable as an early manifestation of dementia. Neuropsychiatric symptoms in Alzheimer disease (AD) and other types of dementia are extremely common and often much more troubling than amnestic symptoms. This talk will discuss (1) how to reach optimal aging (2) the recent neurobiological discovery of MCI, and (3) treatment of behavioral disturbance related to dementia.