

# Late Breaking Risk Reduction Research Findings from AAIC

August 5, 2024

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JULY 28-AUG. 1 > PHILADELPHIA, USA, AND ONLINE

5,450 Abstracts Presented

14,423 Participants Registered

The banner features a background image of the Philadelphia skyline at sunset, with a river and a bridge in the foreground. The text is overlaid on a dark blue background at the top.

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### **Biological underpinnings**

**Learnings in recruitment and care science**

**Diversification of the clinical trial pipeline**

**Growing understanding of health disparities**

**Treatment updates and growing understanding of ARIA**

**Diagnosis and staging criteria across neurodegeneration**

**Advances in tools for detection/diagnosis –progress in blood**

**And ... A growing understanding of contributions to risk across life**

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## **Improving Public Health Action on Brain Health: A Public Health Center of Excellence Workshop on How to Effect Change**

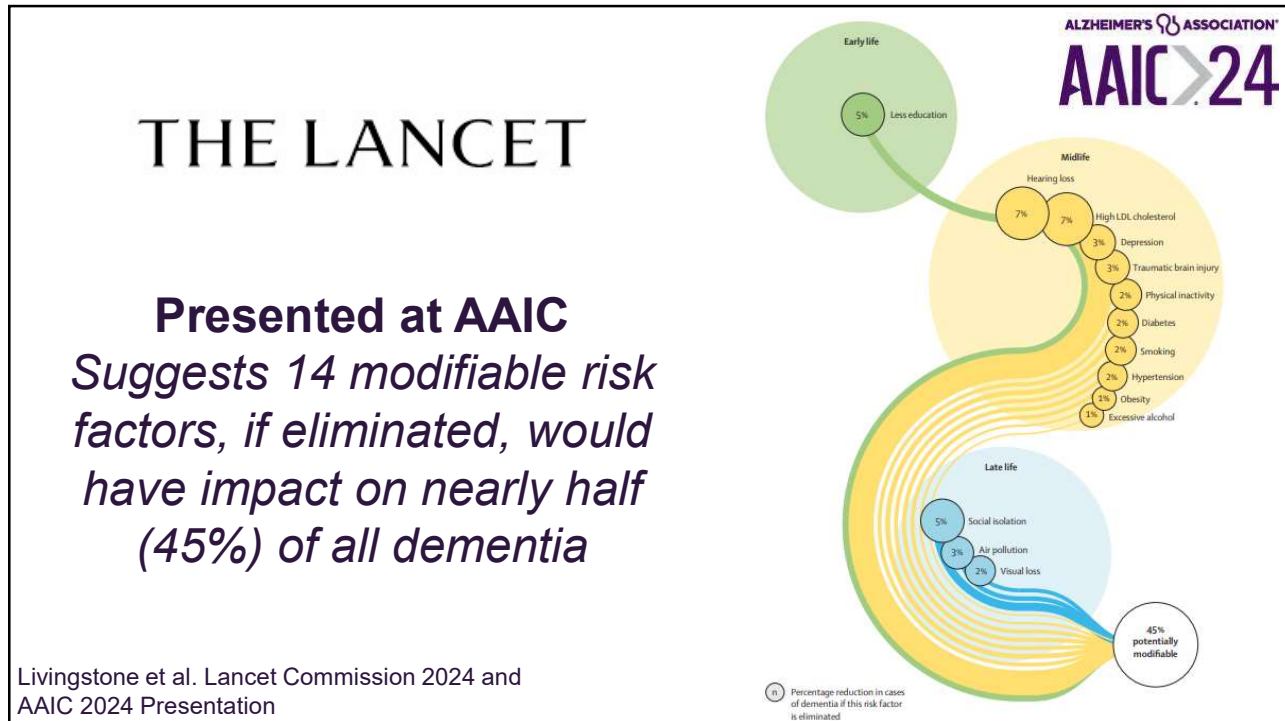
**Friday, July 26, 2024**

**9:00 a.m.-4:00 p.m.**

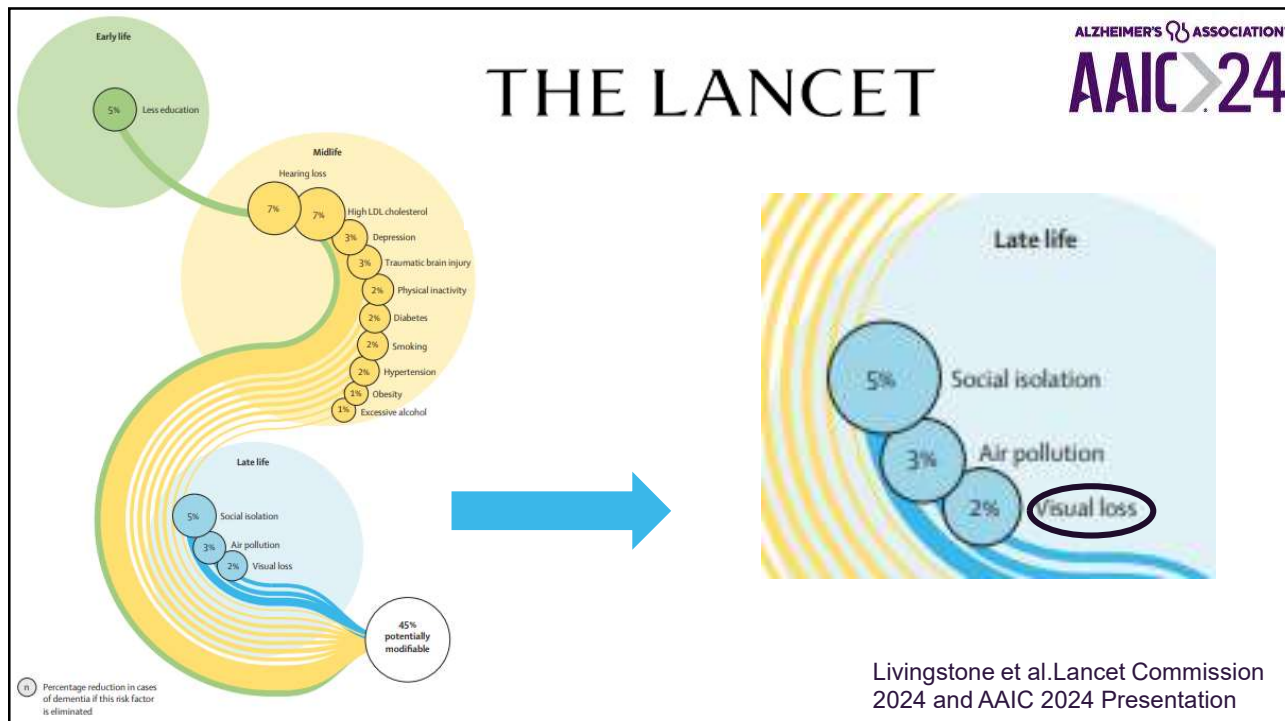
- Overview of the Evidence on the Behaviors We Need to Change (Keynote)
- Behavioral Economics and Public Health Prevention
- Effective Communications for Public Health Prevention
- Opportunities for Public Health Practice (Discussion)

The Public Health Center of Excellence on Dementia Risk Reduction is made possible by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services as part of a financial assistance award totaling \$2,973,948, with 100 percent funded by CDC/HHS. The contents of this workshop do not necessarily represent the official views of, nor an endorsement by, CDC/HHS or the U.S. Government.

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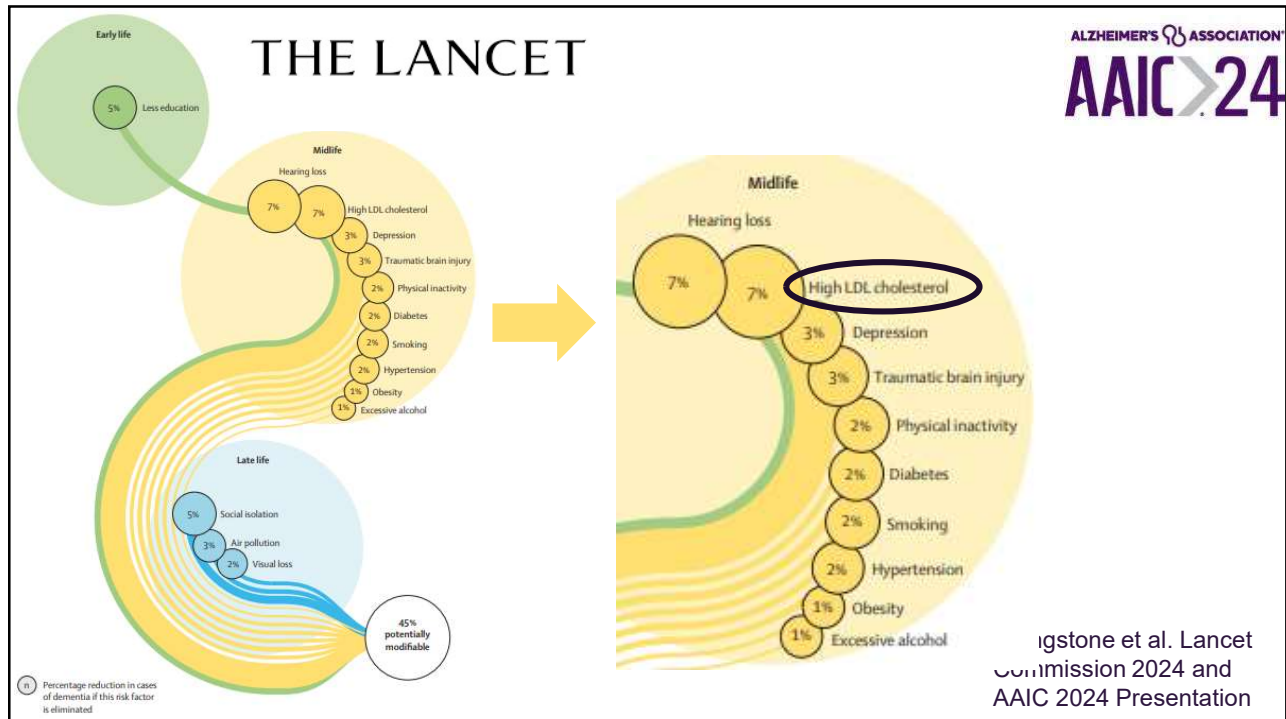
**Exposure to wildfire smoke is an increasing threat to brain health.**

According to new data presented at #AAIC24

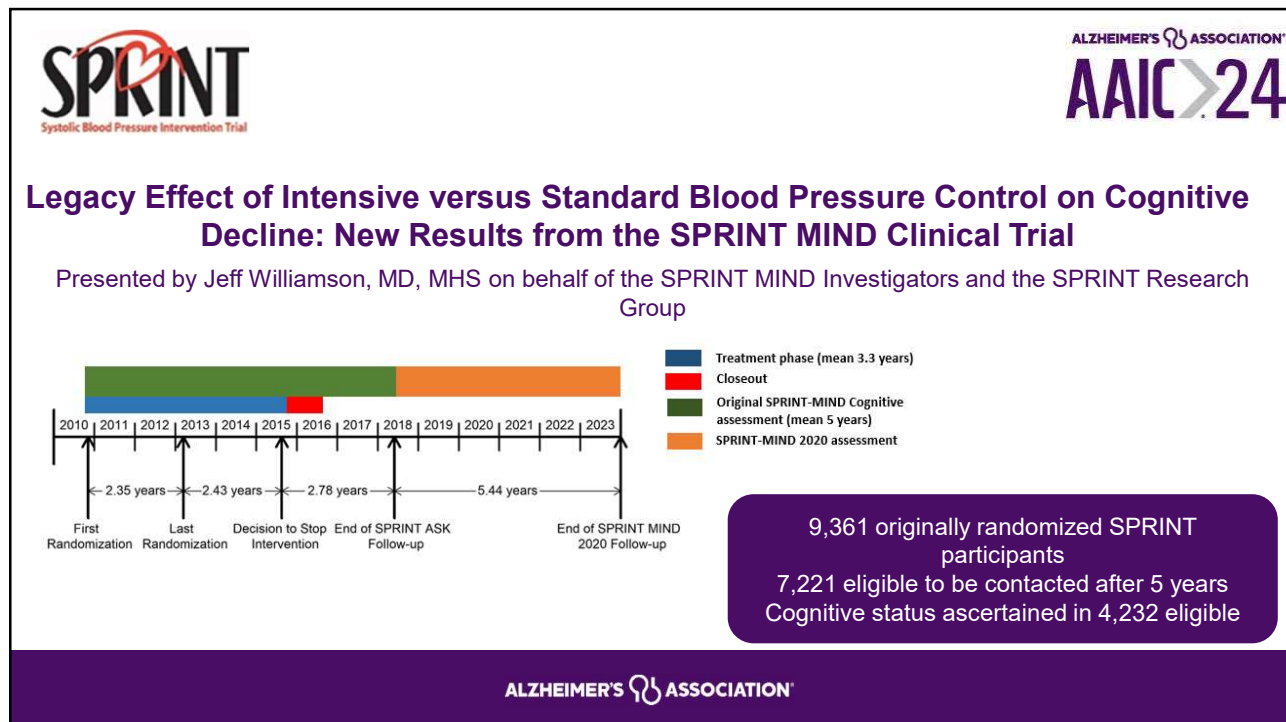
- Wildfire smoke may be hazardous to brain health, according to a 10-year study of more than 1.2 million southern Californians.
- Exposure to wildfire smoke increases risk of being diagnosed with dementia more than other forms of air pollution.
- Risk of exposure to fine particulate matter (PM<sub>2.5</sub>) air pollution is much more pronounced from wildfire smoke than when it comes from other sources, such as motor vehicles and factories.

H. Elser et al. 2024 AAIC Abstract Presentation

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**SPRINT**  
Systolic Blood Pressure Intervention Trial

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### Conclusion: Among ambulatory adults with hypertension and elevated cardiovascular risk, 3.3 years of treatment to an intensive SBP goal of < 120 mm Hg vs < 140 mm Hg results in statistically significant risk reduction of at least 7 years for adjudicated:

- MCI and MCI or probable dementia (composite outcome)
- But not for probable dementia alone

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## Commentary on The Lancet Commission

Kivipelto et al. Lancet 2024

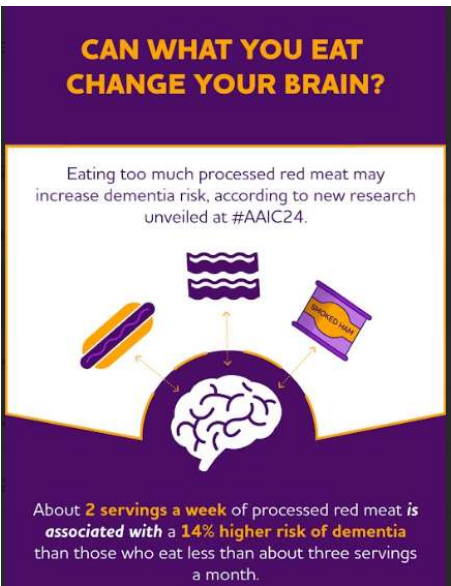
- Estimates of population attributable risk requires assumptions such as risk factors can be eliminated and are causal.
- Investment in multi-domain risk reduction research and strategies is needed to provide effective, sustainable and equitable prevention programs.
- Diet may be an important factor in addition to the factors identified; it is actively being incorporated into multidomain approaches.
- Multinational, multidisciplinary initiatives provide opportunities to accelerate the evidence base.

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## Links with Diet and Risk



**CAN WHAT YOU EAT  
CHANGE YOUR BRAIN?**

Eating too much processed red meat may increase dementia risk, according to new research unveiled at #AAIC24.

About **2 servings a week** of processed red meat is associated with a **14% higher risk of dementia** than those who eat less than about three servings a month.

- Eating about two servings per week of processed red meat raises the risk of dementia by 14% compared to those who eat >1 serving a week.
  - Processed red meat includes salami, pepperoni, hot dogs, sausage
- Swapping a serving of processed red meat for a serving of nuts, beans or tofu every day may lower the risk of dementia by 20%.
- Included 130,000+ people, followed for up to 43 years from studies of medical professionals.

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## How do we define a disease?

Example: Cardiovascular disease



AAIC Plenary Speaker:  
Dr. Reisa Sperling



- Most cardiovascular diseases can be prevented by addressing behavioural and environmental risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity, harmful use of alcohol and air pollution.
- It is important to detect cardiovascular disease as early as possible so that management with counselling and medicines can begin.

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## Explore the latest dementia research.

Join the Alzheimer's Association at AAIC For All, a one-day event open to the general public. Hear the latest findings directly from experts in the field presented in an easy-to-understand format.

Participate **Aug. 1** at no cost in **Philadelphia** or online.

**Register today at [alz.org/AAICForAll](https://alz.org/AAICForAll).**



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# THANK YOU!



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SAVE THE DATE

**AAIC 2025 is moving to Toronto, Canada!**

**Join us July 27-31, 2025 in "Queen City" for the world's largest international forum to advance dementia science and clinical practice.**

JULY 27-31, 2025 ANNUAL CONFERENCE > TORONTO, CANADA AND ONLINE

[alz.org/AAIC](https://alz.org/AAIC)