



SFCNS Swiss Brain Health Plan

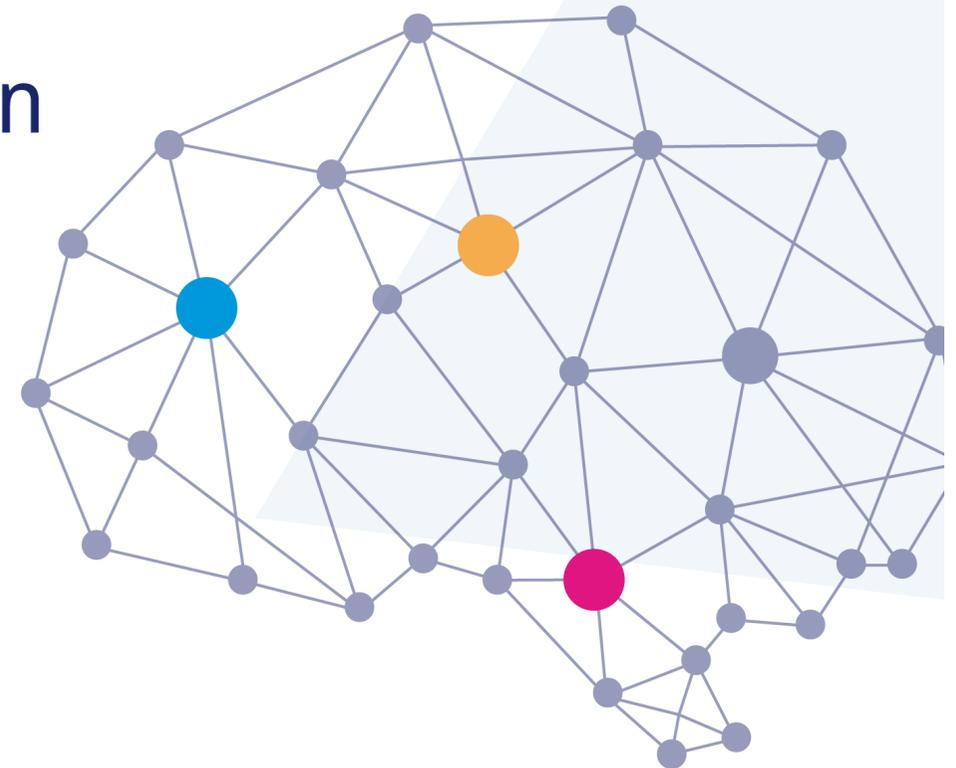
Kick-off Stakeholder Meeting

22 November 2023

13:00-18:00

Kunsthaus Zurich

swiss-brainhealth.congress-imk.ch

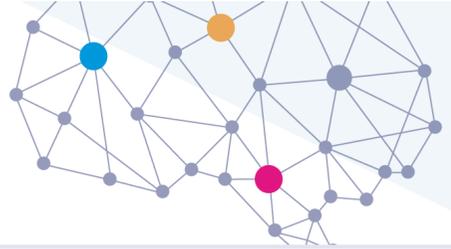


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Clinical Neuro-Societies

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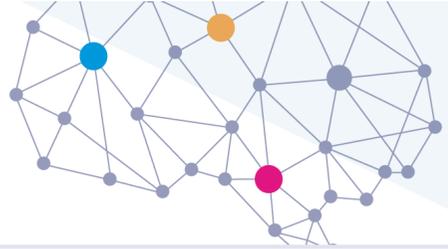
Dementia

Giovanni B Frisoni

Centre de la mémoire, Geneva University Hospitals



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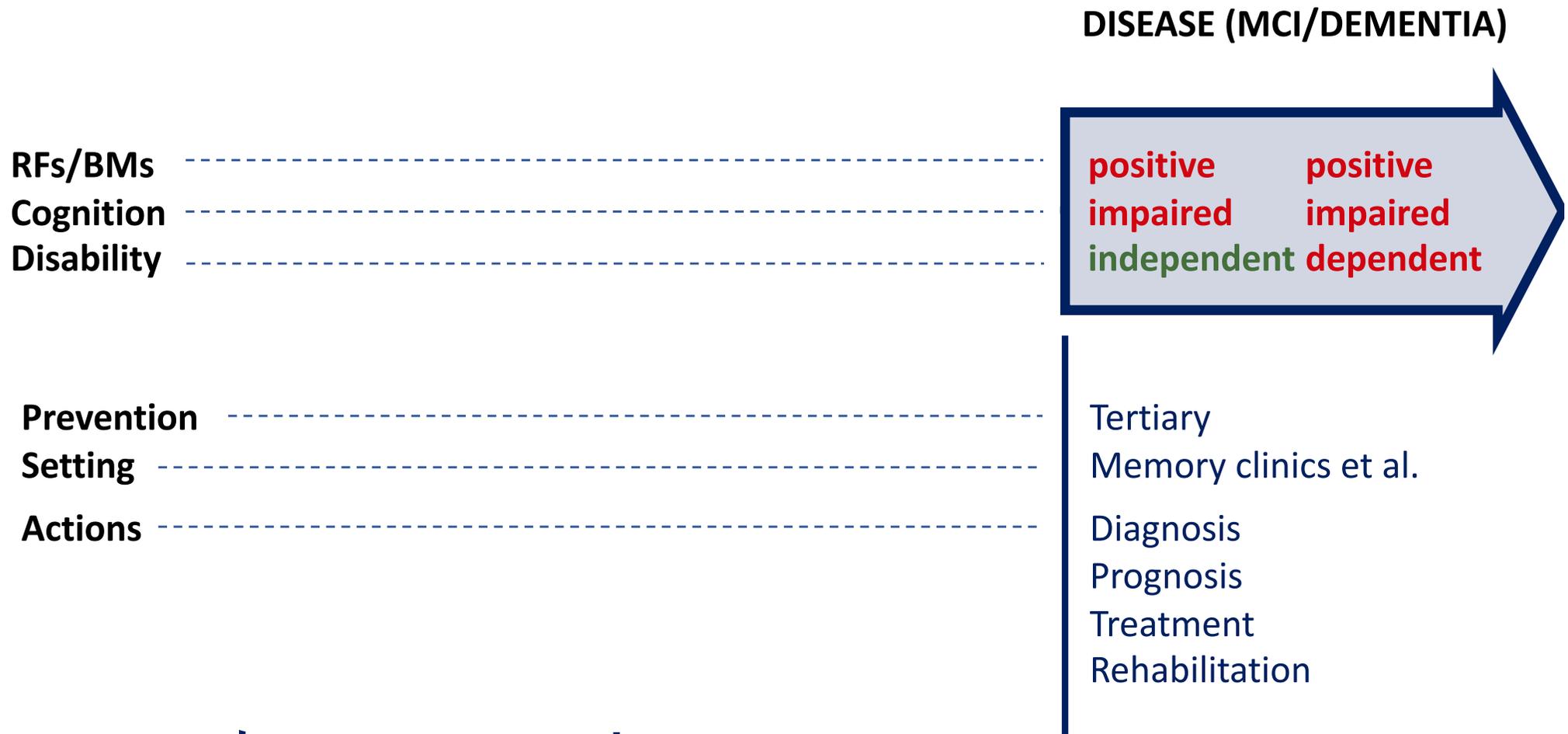
« Doc, my memory is a catastrophe »

Mr Smith, 62-year-old man, engineer, CEO of his own enterprise. Presents at the Memory clinic complaining with memory decline. Family history for dementia is unknown. Has difficulty retrieving proper names of people and places.

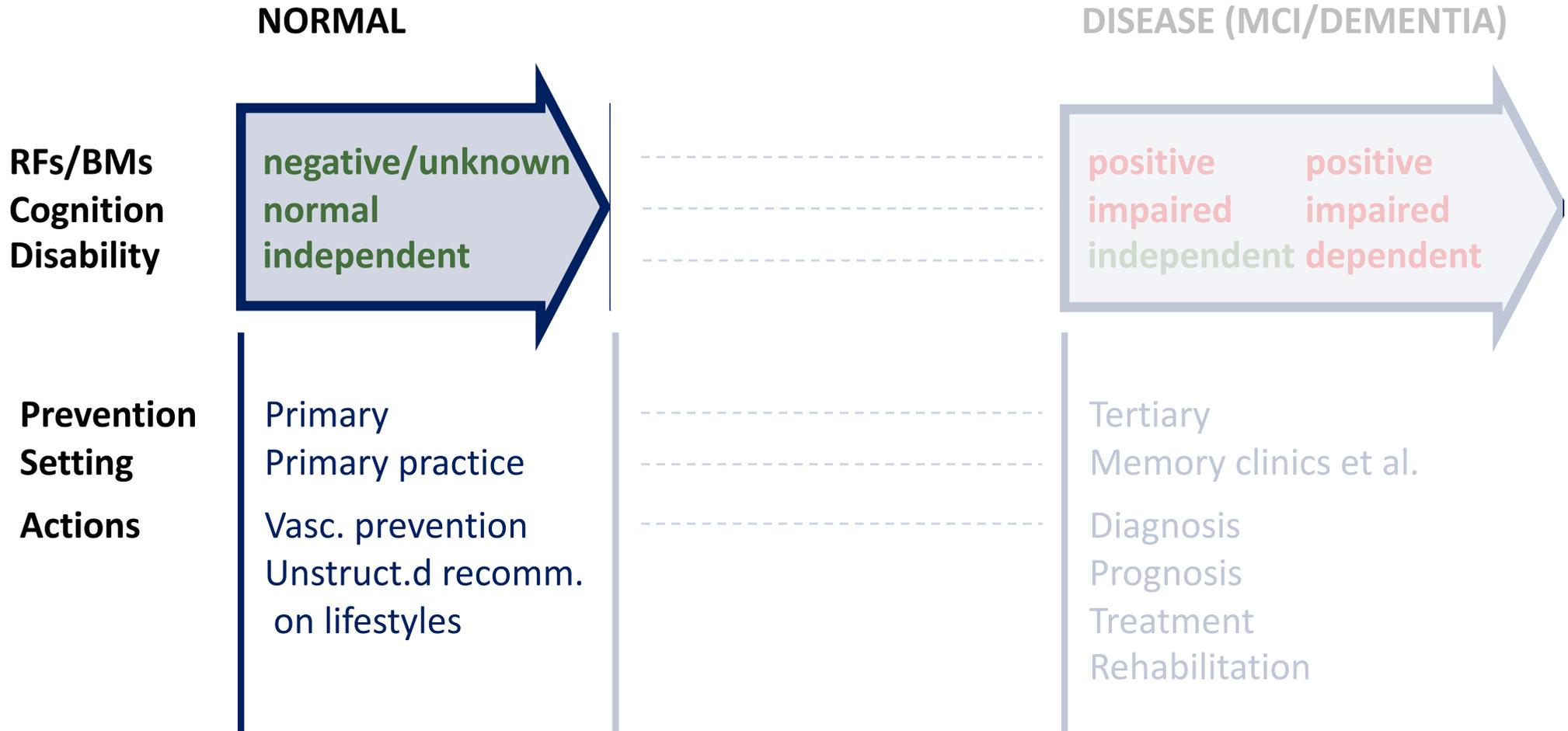
He has treated isolated diastolic HBP, has 4 hours/week of aerobic physical activity, follows a Mediterranean diet with intermittent fasting, takes alcohol moderately 4 times per month.

Scores on screening cognitive tests (MMSE, clock, MOCA), a cognitive battery, an anxiety and depression scale, and routine blood tests are normal for age.

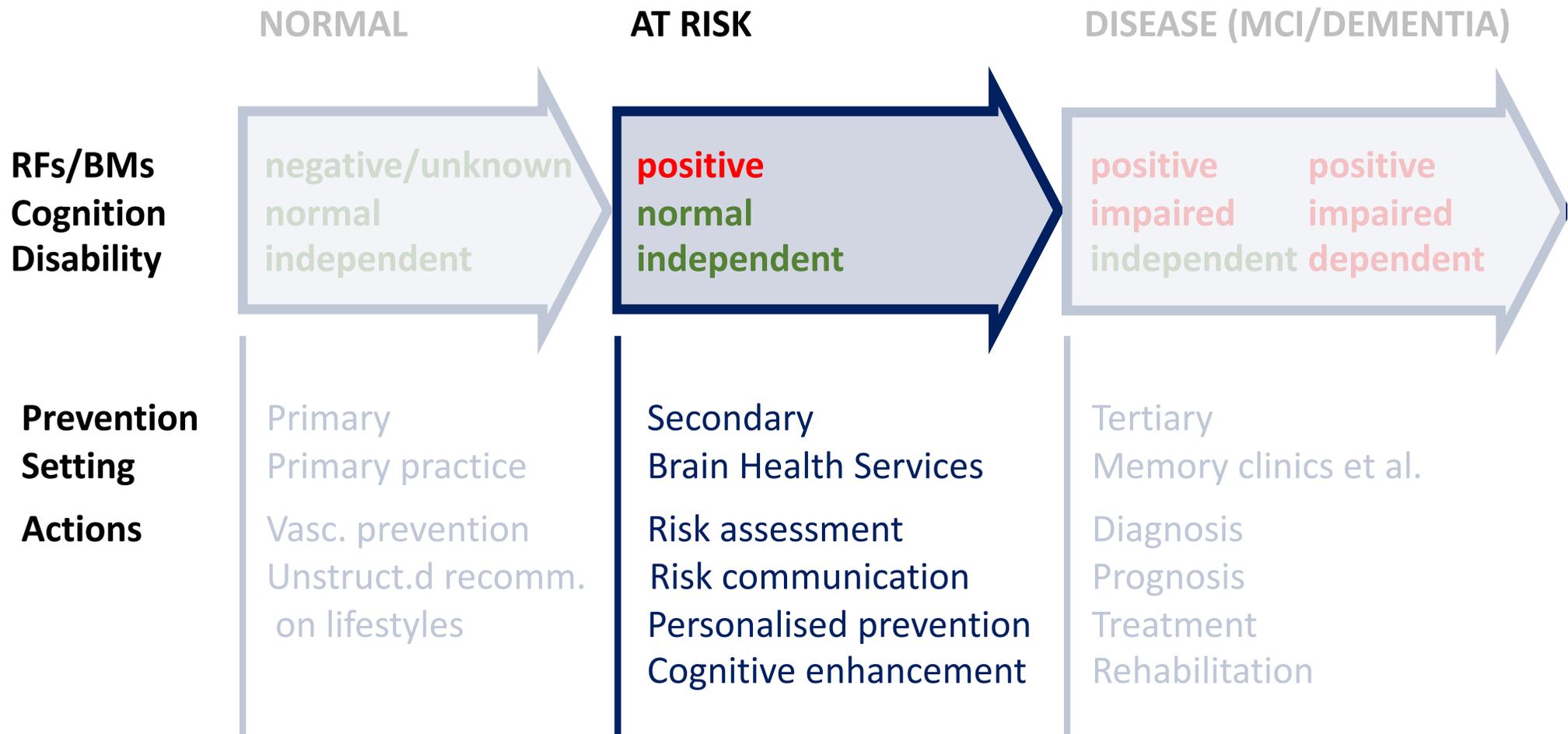
What we can offer today: 3ry prevention of dementia

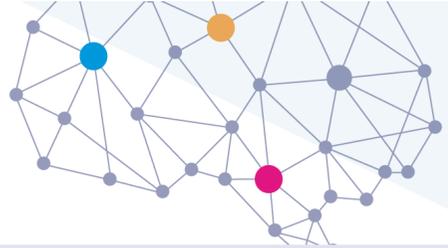


What we can offer today: 1ry prevention of dementia



What we will offer tomorrow: 2ry prevention of dementia

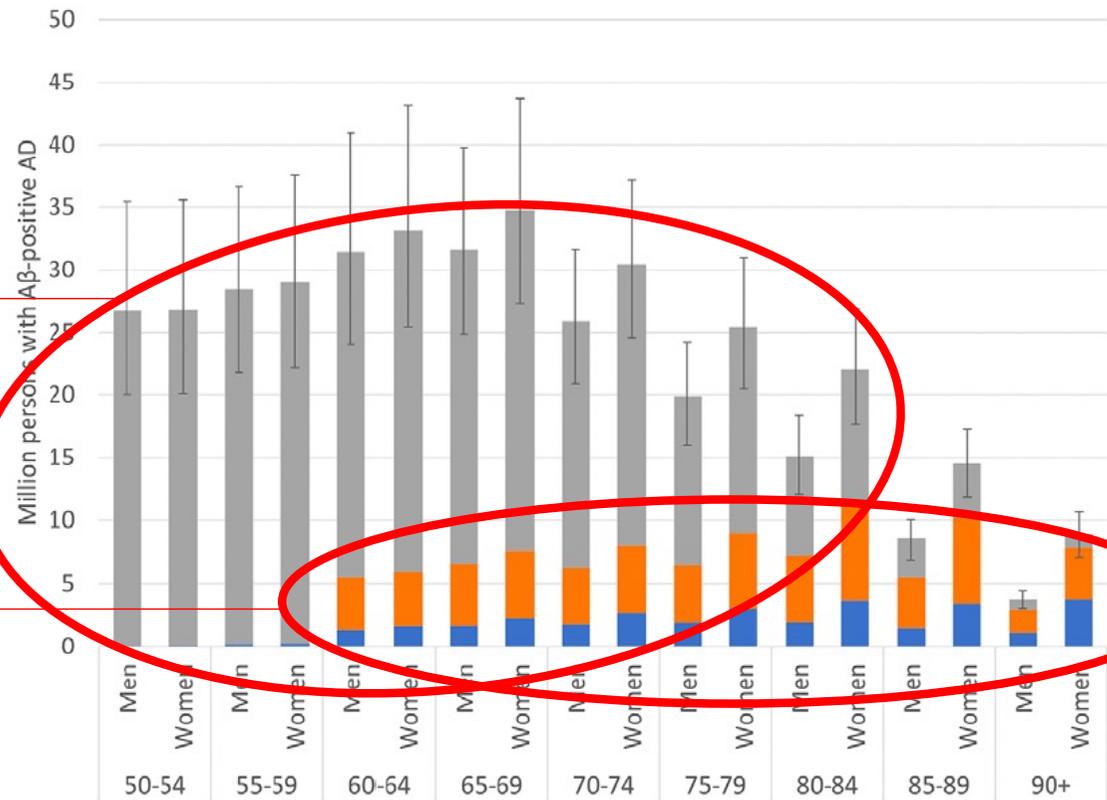




Epidemiology

At risk (only Amy+)
Secondary prevention
17% of those aged 50+

MCI and dementia due to AD
Tertiary prevention
5% of those aged 50+





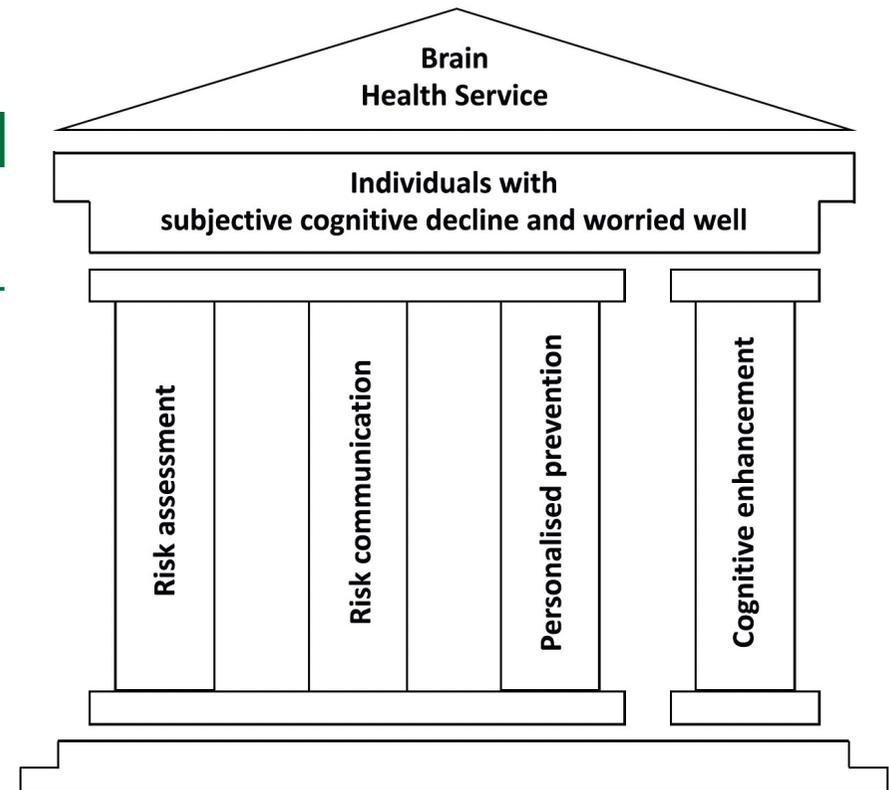
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Prevention

Health Policy



Dementia prevention in memory clinics: recommendations from the European task force for brain health services

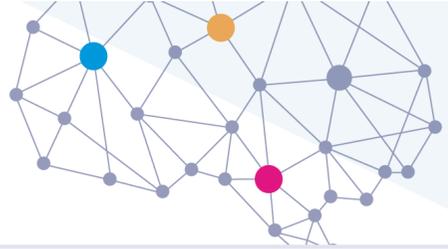
Giovanni B. Frisoni,^{a,*} Daniele Altomare,^a Federica Ribaldi,^a Nicolas Villain,^{b,c} Carol Brayne,^d Naaheed Mukadam,^e Marc Abramowicz,^f Frederik Barkhof,^{g,h} Marcelo Berthier,ⁱ Melanie Bieler-Aeschlimann,^{j,k} Kaj Blennow,^l Andrea Brioschi Guevara,^m Emmanuel Carrera,ⁿ Gaël Chételat,^o Chantal Csajka,^p Jean-François Demonet,^{j,q} Alessandra Dodich,^r Valentina Garibotto,^s Jean Georges,^t Samia Hurst,^u Frank Jessen,^{v,w,x} Miia Kivipelto,^{y,z,aa,ab} David J. Llewellyn,^{ac,ad} Laura McWhirter,^{ae} Richard Milne,^{d,af} Carolina Minguillón,^{ag,ab,ai} Carlo Miniussi,^{aj} José Luis Molinuevo,^{ak} Peter M. Nilsson,^{al,am} Alastair Noyce,^{an} Janice M. Ranson,^{ao} Oriol Grau-Rivera,^{ap} Jonathan M. Schott,^{aq} Alina Solomon,^{ar,aa,ab} Ruth Stephen,^{ap} Wiesje van der Flier,^{ar,as,at} Cornelia van Duijn,^{au,av} Bruno Vellas,^{aw} Leonie N. C. Visser,^{ax} Jeffrey L. Cummings,^{ay} Philip Scheltens,^{ar,az} Craig Ritchie,^{ba} and Bruno Dubois,^{b,c}



The Lancet Regional Health - Europe
2023;■: 100576 <https://doi.org/10.1016/j.lanepe.2022.100576>



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Impact on Individuals

Mr Smith was found to be an APOE4 ϵ 4/4 carrier. Brain MRI, blood biomarkers, and CSF were indicative of brain amyloidosis, early tauopathy, and early hippocampal atrophy.

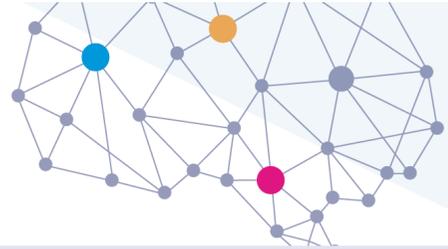
He is at high risk for incident cognitive impairment and dementia in the next 10 years (RR about 20).

Interventions:

- FINGER-like structured lifestyle intervention (*Lancet*. 2015;385:2255-63)
- cognitive training (*Lancet Reg Health Eur*. 2023;26:100576)
- non invasive brain stimulation (*Nat Neurosci*. 2022;25:1237-46)
- anti-amyloid or anti-tau drugs (currently no definitive evidence)

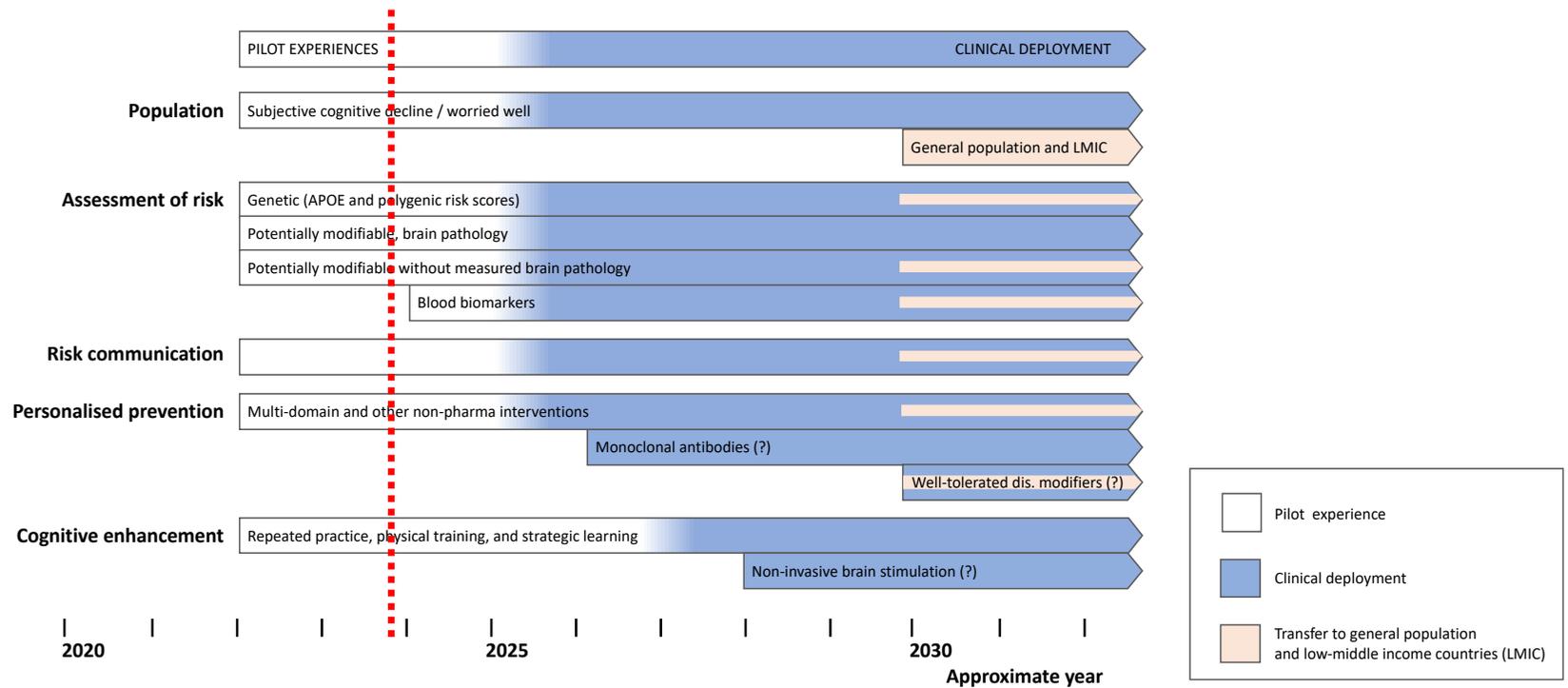


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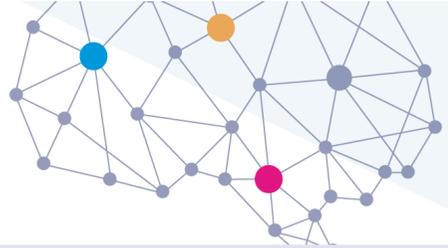
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Impact on Society





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5. Conclusion

In 1945 hypertension was considered an untreatable natural consequence of ageing

- F.D. Roosevelt in Yalta, 1945
- His blood pressure was 260/150.
- Eight weeks later he had a bout up to 300/190 and died of intracranial hemorrhage at 3.35 pm on April 12, 1945, at the age of 65.



Bruenn HG. *Ann Int Med* 1970;72:579–91

**Preliminary
programme**



BRAIN HEALTH SERVICES

THE MEMORY CLINICS OF THE FUTURE

Preliminary program and speakers
International Conference and Workshop
Geneva, Campus Biotech, February 8, 2024

THE DOCTOR SPECIALIZES
IN PREVENTIVE MEDICINE...
SO IF YOU'RE ALREADY SICK,
HE'S NOT INTERESTED.

