Influence of apathy and family relationships on the prognosis of dementia and cognitive reserve

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A characteristic feature of the global aging population is a marked increase in the number of people 75 years and older in the elderly population (Russian Federation Statistical Bulletin, 2015)

In Russia demographic aging has accelerated since 2000. Each year, the number of elderly people is growing by 0.21% (Russian Federation Statistical Bulletin, 2015). In Russia, the share of persons of working age has declined:

In 1999 - 38 % ; In 2015 - 24,2 %

Cognitive disorders are often found in modern populations. Mechanisms of development of dementia studied enough, so the relevance of studies of this issue is big

The cognitive reserve is the brain resistance to damage.

Cognitive reserve is the brain's ability to cope with the consequences of damage due to external influences, brain stroke, chronic cerebral ischemia, neurodegenerative diseases, age-related changes

The mechanisms of cognitive reserve in normal and in Alzheimer's disease are different

The results of own 10 years of observation.

Research material: In 2006, a mild cognitive disorder was diagnosed in 66 patients. There were 49 women and 17 men in the group. The average age in 2006 was 59.3 ± 5.2 years. In 2006, the severity of cognitive impairment was 26.2 ± 1.9 points on the scale MMSE. It corresponds to mild cognitive disorders

In 2006 identified the following clinical types of mild cognitive disorders:

The **Hippocampal type** mild cognitive disorders (loss of memory was the only cognitive impairment - monofunctional type mild cognitive disorder) - 28 patients;

The **Amnestic multifunctional type** (loss of memory and one of the cortical functions (speech or gnosis or praxis) – 24 patients;

The **Monofunctional type** with the defeat of the speech function - 14 patients;

All these types of mild cognitive disorders are traditionally regarded as the beginning of Alzheimer's disease;

In 2006, in the cerebrospinal fluid of those patients was discovered amyloid.

Back in 2006, we have identified the leading sensory system patients.

The leading sensory system determines the modality of the main information stream.

This is the most important piece of information with which people interact.

This is the basis of interaction with reality.

This is the basis of cognitive functions

The concept of cognitive reserve suggests possible the biological and psychosocial causes of heterogeneity of the dynamics of cognitive impairment in the early stages to atrophic-degenerative diseases of the brain.

The concept of cognitive reserve helps to explore and develop individual programs for the prevention of severe cognitive disorders.