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Clinical and demographic characteristics of patients with Alzheimer's disease and cognitive impairment in a rural community of Cuba

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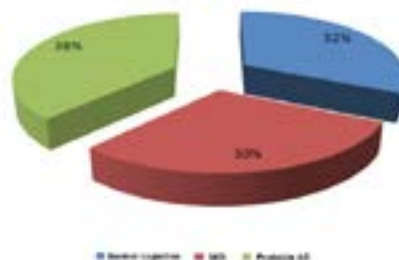
Statement: The aging of the population has resulted in an increase in neurodegenerative disorders. Among them are dementias and specifically Alzheimer's disease (AD) as the highest incidence. Cuba is a developing country with health indicators similar to those of developed countries and with a rapid aging of its total population. It is estimated that by the year 2020, Cuba will become the country in Latin America with the highest proportion of older adults (25% of the population aged 60 and over). That is why the clinic plays an important role in elderly health services in our community. Age, family history (FH), apolipoprotein E (ApoE) genotype, low educational level and female sex are risk factors for AD. Objective: To determine the clinical and demographic characteristics in patients with AD, MCI and people with normal cognition in a Cuban rural population.

Methodology and Theoretical Orientation: A transversal descriptive study was carried out including 900 individuals, who were 35 or more years old, evaluated in the CISAMD D from September 2012 to March 2019. All of them were integrally evaluated according to neuropsychologic, genetic, neuroimaging, electroencephalographic and laboratory assays. The individuals were classified in three groups: subjects with normal cognition (288), patients with MCI (270) and with AD probable (342).

Findings: In the rural Cuban population studied, MCI and AD have a highly incidence in elderly persons, predominating the senile form of AD. The main risk factors found in patients with MCI and AD were: to be

female, have a low education level and familial history and carrying ApoE ϵ 4 genotype.

Figure 1: Demographic distribution of a rural Cuban population classified in three groups: subjects with normal cognition, patients with MCI and with probable AD, from September 2012 to March 2019.



Biography

Saily Sosa Pérez is a member of the Society of Internal Medicine since 1998. She is also a member of the Dementia Section of the Cuban Society of Neurosciences since 1998 and a member of a multidisciplinary medical service for patients with memory disorders, University Hospital Carlos J. Finlay "(1994-2010). Her Specialist's thesis is "Demographic, clinical and tomographic aspects of Alzheimer's Disease". She is a Postgraduate in epidemiological research and community intervention in demential syndromes. Her master thesis "Clinical Behavior and Diagnostic of Mild Cognitive Impairment". Professor of postgraduate courses. She is currently working as Head of Community Integral Service for Assistance to Memory Disorders (CISAMD) of the General Hospital "Iván Portuondo", Artemisa Province, Cuba (2012-present).

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