



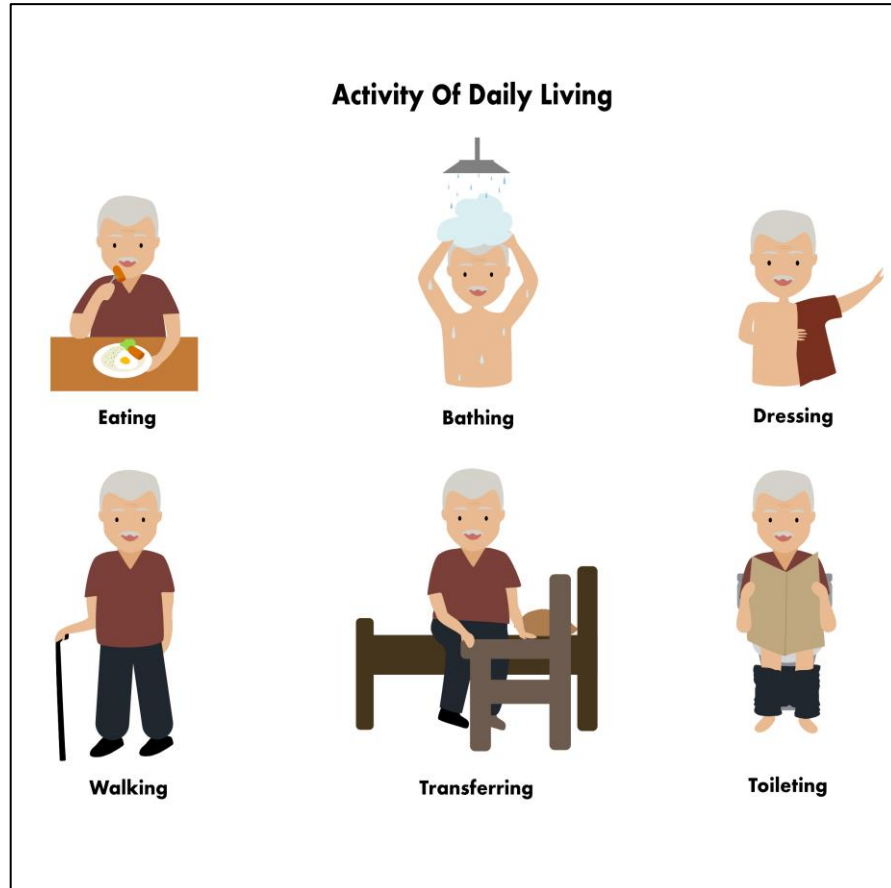
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## **Kognitivar broytingar frá 70 til 80 ára aldur – úrslit frá føroysku sjevtiára-kohortuni**

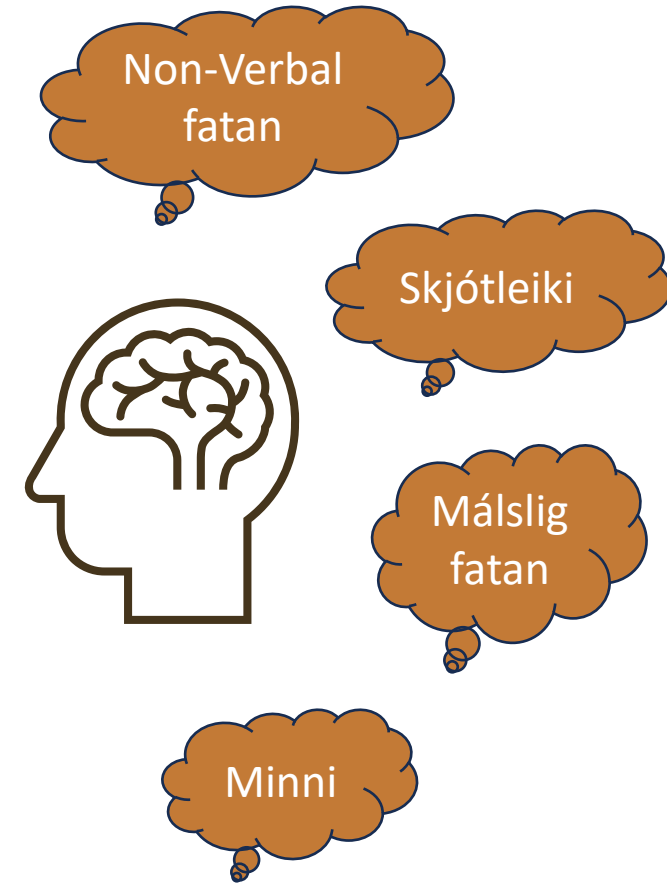
Eina H. Eliassen, ph.d

Heilsugranskingareindin í Sjúkrahúsverkinum  
&  
Deildin fyri Heilsu- og Sjúkrarøktarvísindi,  
Fróðskaparsetur Føroya

## Gerandisvirksemi

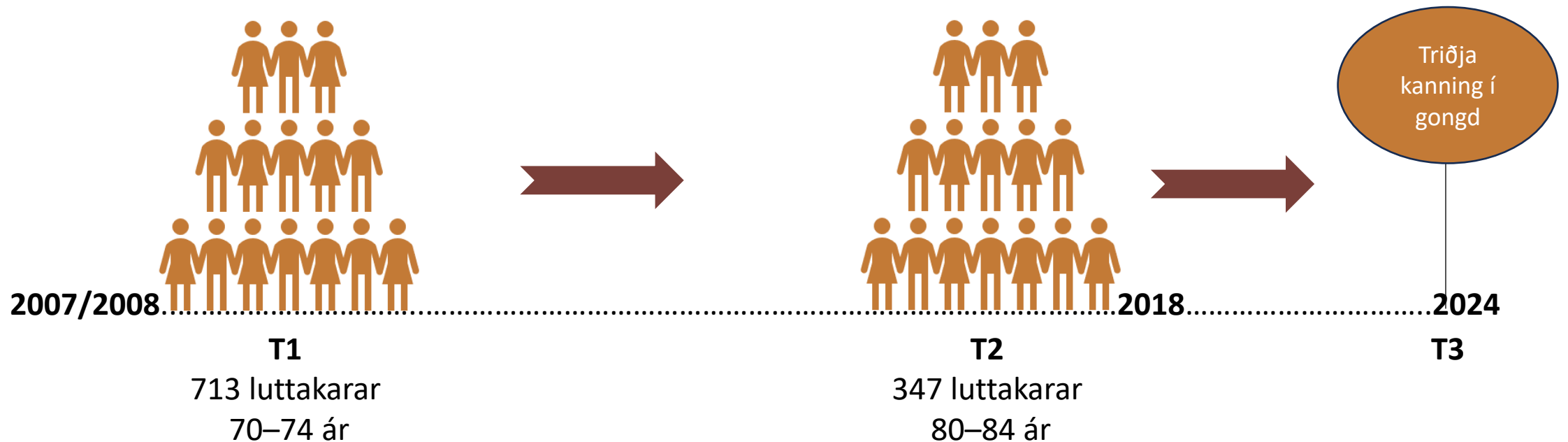


## Kognitívur færleiki



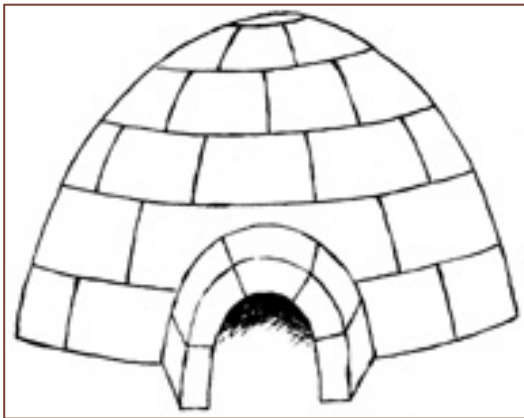
# Luttakarar - føroyska sjevtiára-kohortan

- Sett á stovn í 2007/2008
- Føroyingar 70-74 ár bodnir við at luttaka
- Endurkanning av somu persónum 10 ár seinni
- Triðja kanning av somu persónum er í gongd í løtuni



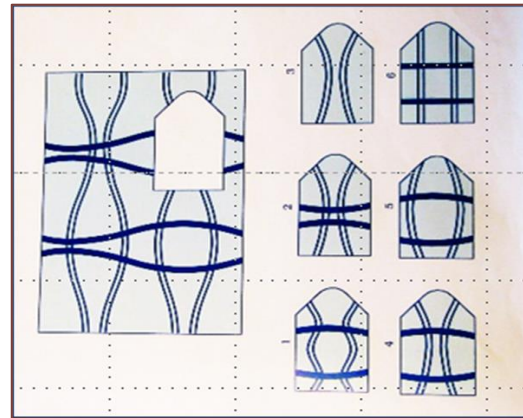
# Mátningar av kognitívum førleikum

## Málslig fatan (Verbal Comprehension)



Boston Naming test, (BNT)  
*(Kaplan et al., 1983)*

## Non-Verbal fatan (Non-Verbal Reasoning)



Raven Coloured Progressive Matrices sets  
A & B, (RCPM)  
*(Raven, 1958)*

## Minni (Memory)

Listi við 10 orðum  
lisin upp fyri  
luttakarunum

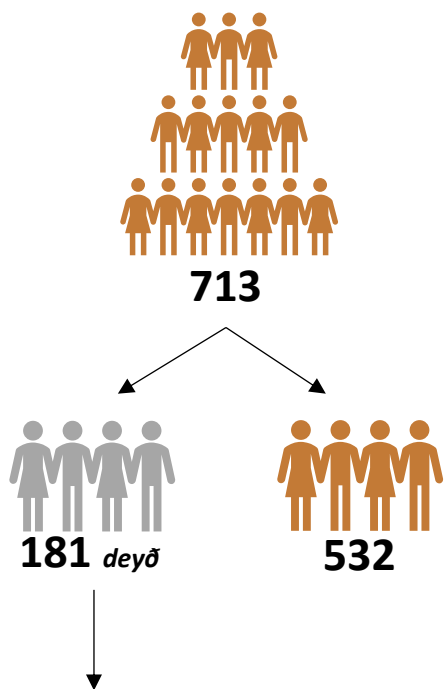
Selective Reminding, (SR)  
Immediate Memory (Supraspan)  
*(Buschke, 1973)*

## Skjótaleiki (Manual Motor Speed)



Purdue Peg Board (PPB)  
Manual Motor Speed  
*(Lafayette, 2015)*

# Úrslit - deyðiligleiki



- Menn
- Eitt vet eldri
- Roykjarar
- Hægri miðju-mjadnamát
- Diabetes og hjartasjúkur
- Verri kognitivan færleika í flestu mátingum

Talva 1. Føroyska sjevtiárahortan eftir deyðiligleika

	Overall n = 713	Non-deaths n = 532	Deaths n = 181	p
<b>Sociodemographic</b>				
Age years, median (IQR)	72.7 (71.9-73.4)	72.6 (71.6-73.4)	72.9 (72.1-73.5)	0.025 <sup>1</sup>
Sex, female n (%)	351 (49.2)	288 (54.1)	63 (34.8)	<0.001 <sup>2</sup>
<b>Lifestyle</b>				
Smoking, n (%)				0.001 <sup>2</sup>
Never smoker	234 (32.8)	193 (36.3)	41 (22.7)	
Ever smoker <sup>c</sup>	479 (67.2)	339 (63.7)	140 (77.3)	
Waist Hip Ratio (WHR) n = 647				0.019 <sup>2</sup>
WHR normal <sup>e</sup> , n (%)	181 (28.0)	146 (30.4)	35 (21.0)	
WHR abnormal <sup>e</sup> , n (%)	466 (72.0)	334 (69.6)	132 (79.0)	
WHR, median (IQR)	0.92 (0.84-0.98)	0.90 (0.84-0.97)	0.96 (0.89-1.01)	<0.001 <sup>1</sup>
<b>Health conditions</b>				
Diabetes, n (%)	103 (14.4)	57 (10.7)	46 (25.4)	<0.001 <sup>2</sup>
Other heart disease, n (%)	158 (22.2)	102 (19.2)	56 (30.9)	<0.001 <sup>2</sup>
n = 712				
ECG <sup>f</sup> , abnormal, n (%)	232 (34.3)	155 (30.6)	77 (45.3)	<0.001 <sup>2</sup>
n = 676				
<b>Cognitive tests</b>				
BNT <sup>h</sup> , Verbal Comprehension, median (IQR) n = 710	17 (13-21)	17 (13-21)	16 (12.3-21)	0.41 <sup>1</sup>
BNT <sup>h</sup> , Incidental Memory Delayed, median (IQR) n = 710	7 (5-10)	8 (6-10)	6 (3-9)	<0.001 <sup>1</sup>
RCPM <sup>i</sup> , Non-verbal Reasoning, median (IQR) n = 711	17 (17-19)	17 (15-19)	17 (15-18)	0.037 <sup>1</sup>
SR <sup>j</sup> , Immediate Memory, median (IQR) n = 709	4 (3-5)	4 (3-5)	4 (3-5)	<0.001 <sup>1</sup>
RMF <sup>k</sup> , Immediate Memory, median (IQR) n = 703	40 (36-43)	40 (36-44)	38 (34-43)	0.001 <sup>1</sup>
RMF <sup>k</sup> , Delayed Recall, median (IQR) n = 703	36 (33-40)	37 (33-41)	35 (32-39)	<0.001 <sup>1</sup>
RMF <sup>k</sup> , Speed of Processing, median (IQR) n = 703	4101 (3021-5686)	4107 (3046-5590)	4069 (2916-6058)	0.498 <sup>1</sup>
PPB <sup>l</sup> , Manual Motor Speed, median (IQR) n = 703	14 (13-15)	14 (13-15)	13 (12-15)	<0.001 <sup>1</sup>

Brot úr talvu í greinini: 10-Year Cognitive Change in the Faroese Septuagenarian Cohort and Impact of Sociodemographic, Lifestyle, and Health Factors

# Úrslit – kognitivar broytingar

70–74 ár



80–84 ár



## Allir luttakarar í sjevtiára-kohortuni

Kognitivi førleikin versnaði innan øll fyra øki yvir eitt 10 ára skeið

- Máslig fatan (Verbal Comprehension)
- Non-Verbal fatan (Non-verbal reasoning)
- Minni (Memory)
- Skjótleiki (Speed)



## Luttakarar utan demenssjúku

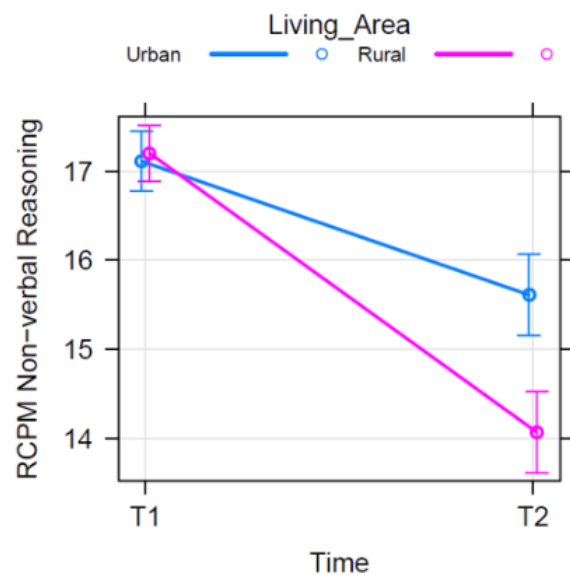
Kognitivi førleikin versnaði innan øll fyra øki yvir eitt 10 ára skeið

- Kláraðu seg betur við 70 ára kanningina
- Niðurgongdin/brekkan ikki eins brøtt

# Úrslit – kognitivar broytingar

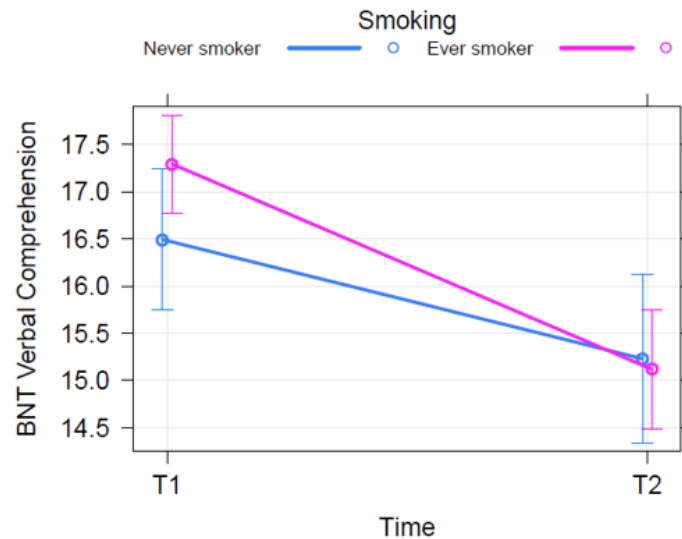
## Sosiodemografiskir faktorar

Kyn  
Aldur  
Bygd/Bý  
Útbúgving  
Hjúnastøða



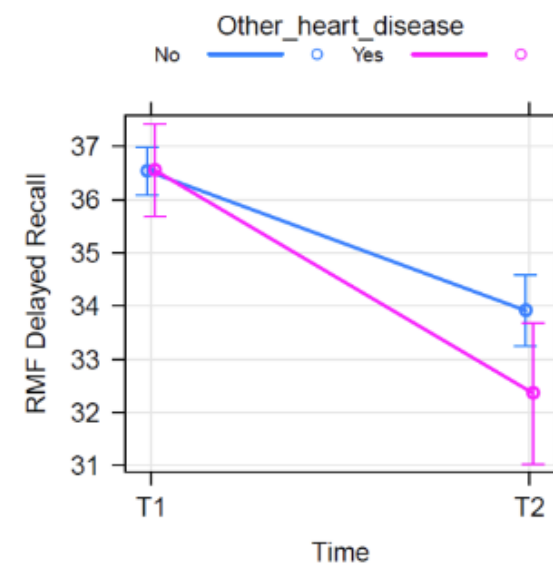
## Lívstíllur

Royking  
Alkohol  
Miðju-mjadnamát  
Body-mass Index (BMI)



## Heilsustøða

Diabetes  
Aðrar hjartasjúkur  
Electrocardiogram (ECG)  
Myocardial Infarction (MI)



## Úrslit – kognitiv øki (domain)



### **Máslig fatan (Verbal Comprehension)**

Bústaðarøki, aldur og royking ávirkan á kognitivu gongdina innan másliga fatan.



### **Non-Verbal fatan (Non-verbal Reasoning)**

Bústaðarøki, alkohol, kyn og MI ávirkan á kognitivu gongdina innan Non-verbala fatan.



### **Minni (Memory)**

Bústaðarøki, aldur, kyn, útbúgving, hjartasjúkur ávirkan á kognitivu gongdina innan minni.



### **Skjótaleiki (Speed)**

Bústaðarøki, hjúnastøða, og MI ávirkan á kognitivu gongdina innan skjótaleika.



# Samanumtøka



**Kognitivi førleikin fall frá 70 ára aldur til 80 ára aldur**

*- eisini hjá teimum, sum ikki høvdu demenssjúku*

**Ymiskt hvussu kognitiva gongdin er hjá persónum**

*- sosiodemografiskir faktorar, lívsstíllur og heilsustøðja ávirkan á gongdina*

**Ymiskt hvørja ávirkan faktorar høvdu á einstaka kognitiva økið**

*- Ávisir faktorar ávirkan á fleiri kognitiv øki, aðrir faktorar bert ávirkan á eitt øki*

**TAKK FYRI**

