

THE PRESENCE OF PSYCHIATRIC SYMPTOMS IN MCI PATIENTS IS AN AGGREGATING PROGNOSTIC FACTOR IN THE DEVELOPMENT OF ALZHEIMER'S DISEASE

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Objective: Mild Cognitive Impairment (MCI) represent a diagnostic syndrome which has been introduced in order to determine the transitional stage of cognitive discount between normal aging and dementia. The most widely acceptable termination is "amnesic MCI" characterized by the following diagnostic criteria : memory impairment confirmed by a third observer, normal global cognitive function, objectively confirmed memory failure (psychometric tests), intact every-day activities and absence of dementia. The aim of this study is to enlighten the prognostic factors that determinate the transition of MCI to Alzheimer's disease (AD).

Materials and methods: 120 patients (58 males, 62 females with a mean age of 70.6 ± 4.1 years) that fulfilled the criteria of MCI have been examined in our dementia centre up for the period of two years in order to detect the transition rate to AD, in relation to the presence of psychiatric symptoms. 65 (54.16%) of the examined patients suffered from psychiatric symptoms, whereas the rest 55 (45.84%) were free of any psychiatric conditions.

Results: 21 subjects (32.30%) from the group of the MCI-psychiatric patients fulfilled the AD criteria after a two-year period, while the respective MCI patients without psychiatric symptomatology were only 4 (7.27%).

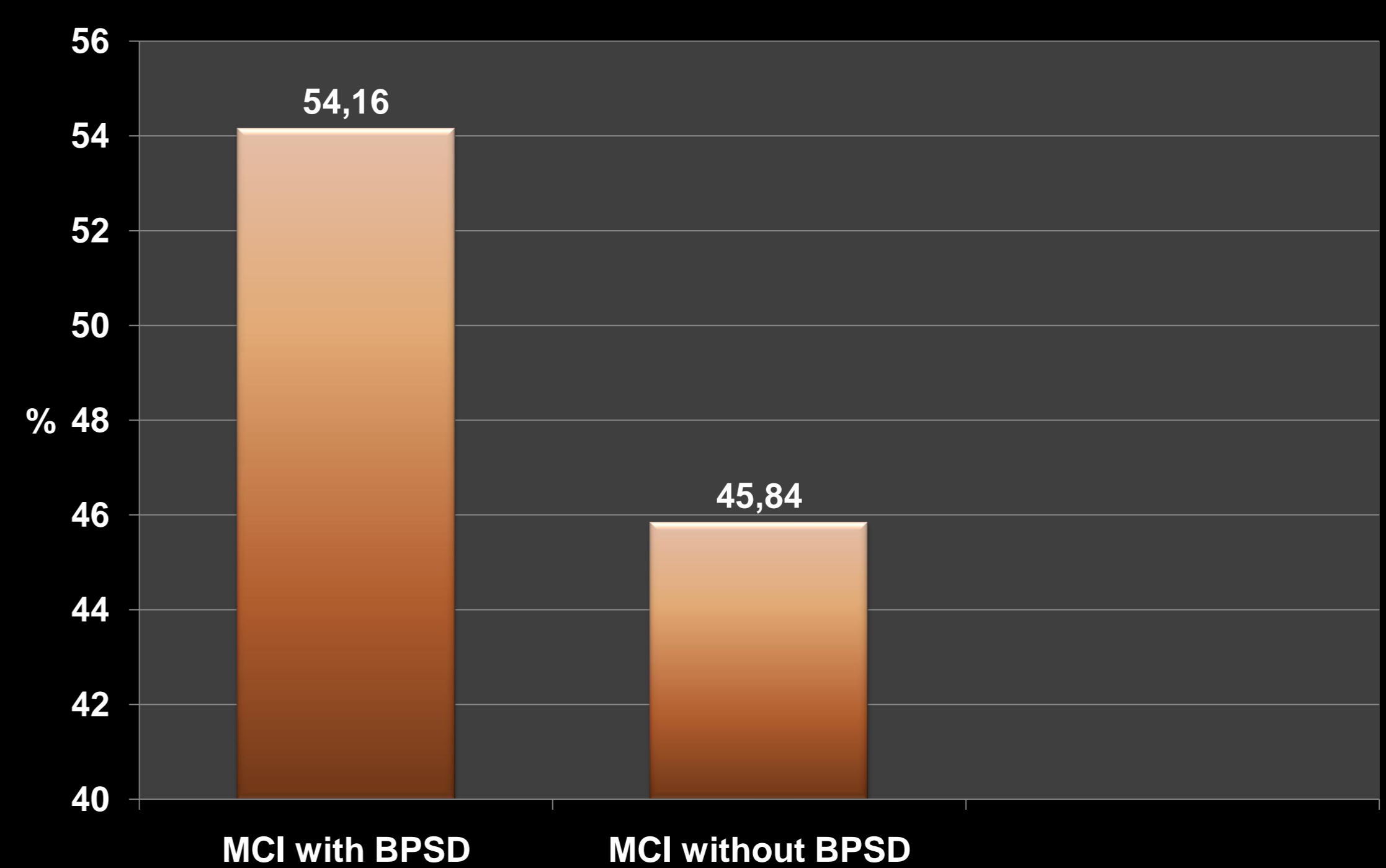
Discussion : the above evidence leads to underline the association of the psychiatric disorders with the development of AD. For this reason the presence of psychiatric symptoms in this population \pm needs to be evaluated with accurate clinical investigation and adequate rating scales.

Conclusions: these results support the conclusion that the presence of psychiatric symptoms in patients suffering from MCI could represent an aggregating prognostic parameter in the development of AD at a follow-up of at least two years. To better clarify this link further studies, with adjustment for potential confounding factors, are needed.

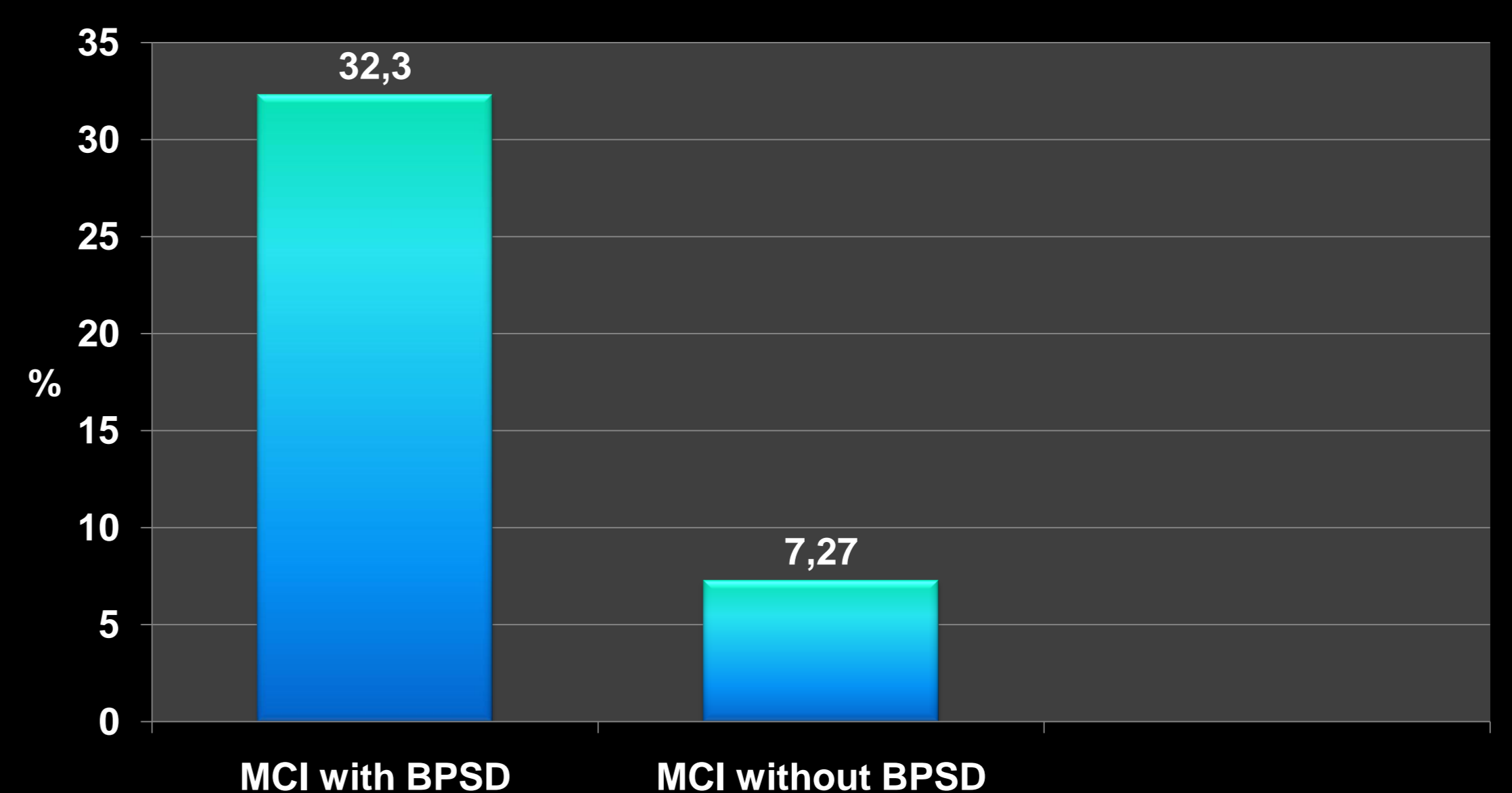
Baseline characteristics of the patient population (n=120)

MALES (n, %)	58 (48.4%)
FEMALES (n, %)	62 (51.6%)
MEAN AGE (yr \pm SD)	70.6 ± 4.1
MEAN EDUCATION (yr \pm SD)	6.3 ± 2.9
MMSE (total mean score \pm SD)	18.4 ± 2.8
HIS (total mean score \pm SD)	2.5 ± 2.9
GDS (total mean score \pm SD)	4.7 ± 0.5
CDR (total mean score \pm SD)	1.3 ± 1.6

MCI patients examined



Percentage of MCI patients who developed AD after a two-year period



References

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