



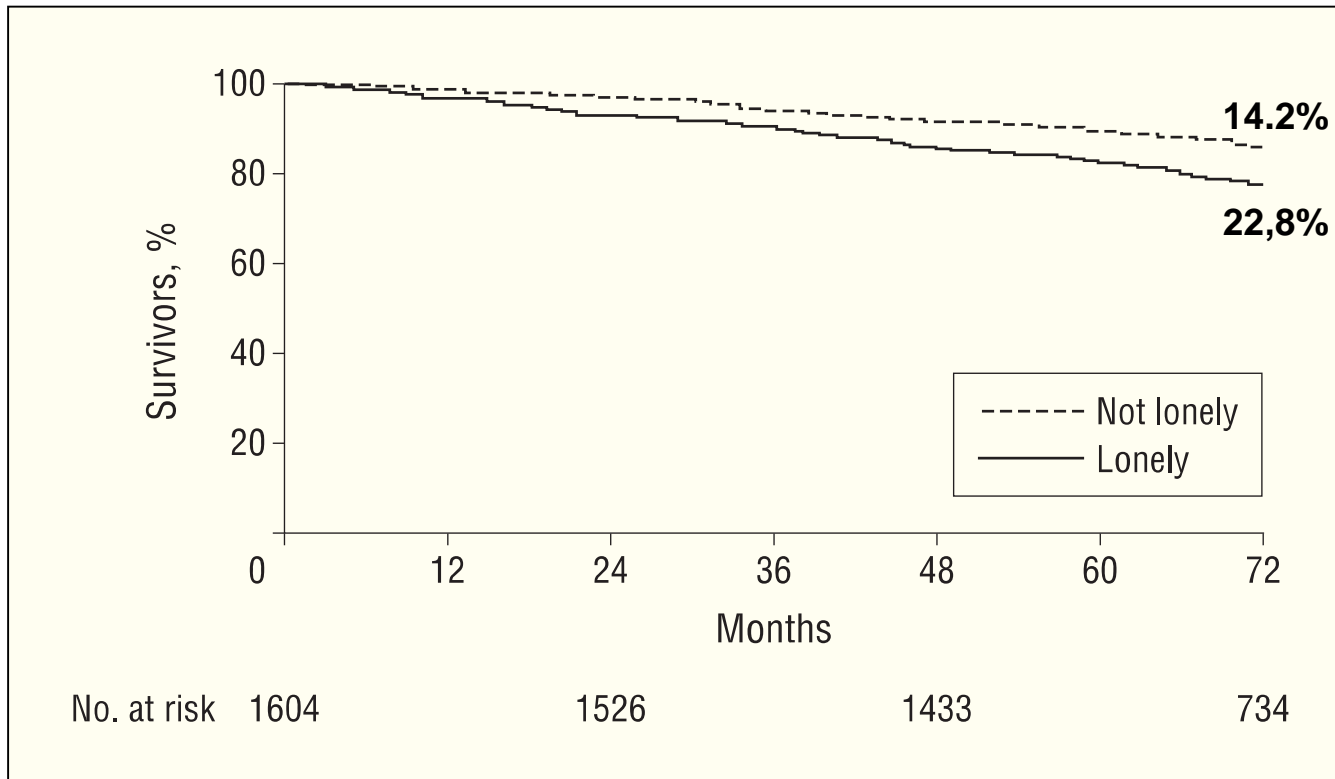
La prevenzione del decadimento cognitivo: il ruolo della rete sociale

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Loneliness in Older Persons

A Predictor of Functional Decline and Death



Kaplan-Meier survival curve for lonely vs not lonely subjects over 72 months

MONDO | GIOVEDÌ 18 GENNAIO 2018

Il Regno Unito avrà un ministero per la Solitudine



Secondo il rapporto che poi è stato pubblicato, più di nove milioni di persone nel paese si sentono spesso o sempre sole e **circa la metà** delle persone di 75 anni – circa due milioni di persone in totale – dice che gli capita di restare diversi giorni e anche settimane senza avere alcuna interazione sociale.

giovedì 18 gennaio 2018

RESEARCH PAPER

Feelings of loneliness, but not social isolation, predict dementia onset: results from the Amsterdam Study of the Elderly (AMSTEL)

Table 2 Bivariate associations of risk factors with clinical dementia (OR with 95% CI) (N=158)

Variable	Dementia (n (%))	Dementia (OR (95% CI))
Social isolation		
Living alone		1.72 (1.24 to 2.40)
Yes (n=1005)	93 (9.3%)	
No (n=1166)	65 (5.6%)	
Not/no longer married		1.80 (1.29 to 2.52)
Not/no (n=1100)	101 (9.2)	
Married (n=1071)	57 (5.3)	
Social support		0.46 (0.33 to 0.64)
No (1590)	89 (5.6)	
Yes (578)	66 (11.4)	
Feelings of loneliness		2.56 (1.82 to 3.61)
Yes (n=433)	58 (13.4)	
No (n=1737)	99 (5.7)	

Loneliness, Social Integration, and Incident Dementia Over 6 Years: Prospective Findings From the English Longitudinal Study of Ageing

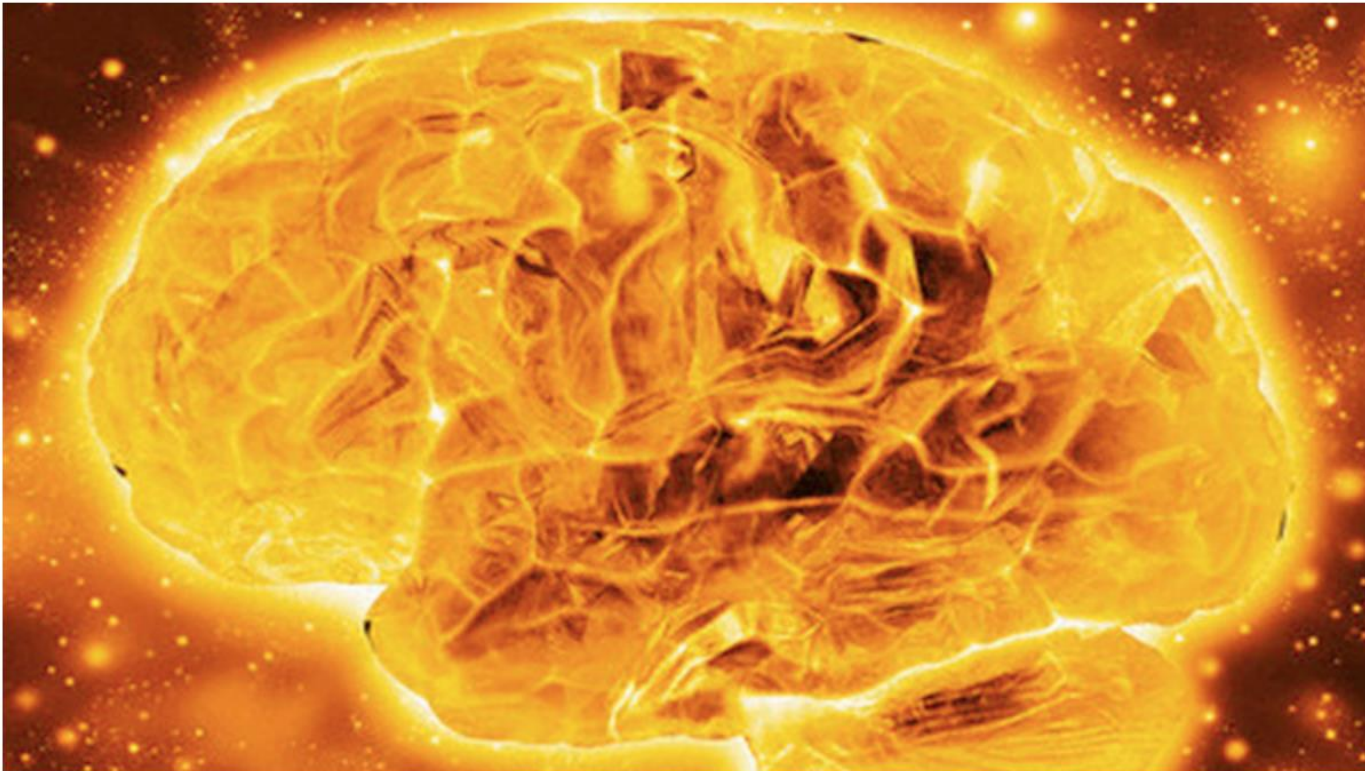
Table 2. Cox Proportional Hazards Regressions of the Incidence of Dementia (2006–2012) on Social Relationship Measures

	Model 1	Model 2	Model 3	Model 4	Model 5
Social isolation: 0		1 [ref]			1 [ref]
1		1.19 (0.89–1.58)			1.11 (0.83–1.48)
2		0.96 (0.52–1.76)			0.88 (0.48–1.62)
3		1.50 (0.54–4.24)			1.22 (0.44–3.40)
<u>Loneliness</u>			1.44 (1.11–1.88)*		1.33 (1.02–1.73)*
<u>Close relationships: 0–1</u>				1 [ref]	1 [ref]
2–3				0.43 (0.26–0.70)*	0.43 (0.26–0.70)*
4–5				0.38 (0.23–0.61)*	0.39 (0.24–0.64)*
6–9				0.34 (0.22–0.53)*	0.36 (0.23–0.57)*
≥10				0.32 (0.20–0.51)*	0.35 (0.22–0.56)*

Il segreto degli umani è il cervello sociale

Il successo dell'*Homo sapiens* come specie dipende dalla dimensione delle sue reti sociali. Per l'uomo il massimo sarebbe di 150 amici

21 agosto 2012 di [Caterina Visco](#)



Il segreto del successo della **specie umana** e di ogni singolo individuo è il suo *cervello sociale*: la capacità di formare un gran **numero di relazioni** diverse. È la conclusione di 20 anni di studi sul **cervello** dei primati condotti dall'antropologo britannico **Robin Dunbar**, l'ultimo dei quali pubblicato su *Proceedings of the Royal Society B*.



HEALTH

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Friends Make You Smart



Friends = Health Benefits

New Studies Show Friendships Help You Stay Healthier both Mentally and Physically.



Study	n	Age at baseline	Social network	Follow-up years	Reported associations
Bickel and Cooper <i>et al.</i> ^[15]	422	>65	Social relations, social support, marital status	5-8	Being single or widow with increased risk of dementia
Fabrigoule <i>et al.</i> ^[16]	2040	>65	Cultural, productive, and social activities	3	Traveling, odd jobs, knitting or gardening with decreased risk of dementia
Helmer <i>et al.</i> ^[17]	3675	>65	Marital status, social network (social ties and satisfaction), number of activities	5	Never married with increased risk of dementia and Alzheimer disease, no association with social network and leisure activities
Fratiglioni <i>et al.</i> ^[18]	1203	>75	Marital status, living arrangement, social ties	3	Single, living alone or no satisfying feeling with increased dementia, poor and limited social network with increased dementia
Scarmeas <i>et al.</i> ^[19]	1172	>65	13 selected activities (physical, cultural, recreational and social)	1-7 Mean 2.9	Single activity and factor scores (intellectual, physical and social) with decreased risk of Alzheimer disease, higher leisure activity score with decreased risk
Wang <i>et al.</i> ^[20]	732	>75	Mental, social, recreational, productive and physical activities, frequency of participation	6	Frequent engagement in mental, social, and productive activities was inversely related to dementia incidence
Karp <i>et al.</i> ^[21]	776	>75	The leisure activities were grouped into 29 main types of activities. A mental, social, and physical component score was assigned to each of the 29 activities.	3	Having high overall scores on all 3 components was associated with significantly lower risks of dementia Single activities scoring high in more than one component had a substantial social component.
Saczynski <i>et al.</i> ^[22]	222 Japanese-American men	Had follow up in both midlife and late life	Marital status, living arrangement, participation in social, political, or community groups number of face-to-face or telephone contacts with close friends per month and the existence of a confidant relationship	Midlife: average of 27.5 years before dementia diagnosis Late life: average of 4.5 years before dementia diagnosis	Lowest late-life social engagement group had a significantly higher risk of dementia Findings were similar when subtypes of dementia (Alzheimer's disease and vascular dementia) were examined (data not shown) No association between midlife social engagement and risk of dementia
Crooks <i>et al.</i> ^[23]	2249 women	>78	Lubben Social Network Scale: active social network, perceived support network and perceived confidant network. Noted frequency of social contact	5	Larger social networks and daily social contact have a protective influence on cognitive function among elderly women

Number of social groups involvement predicts 3-year decline in cognitive functions

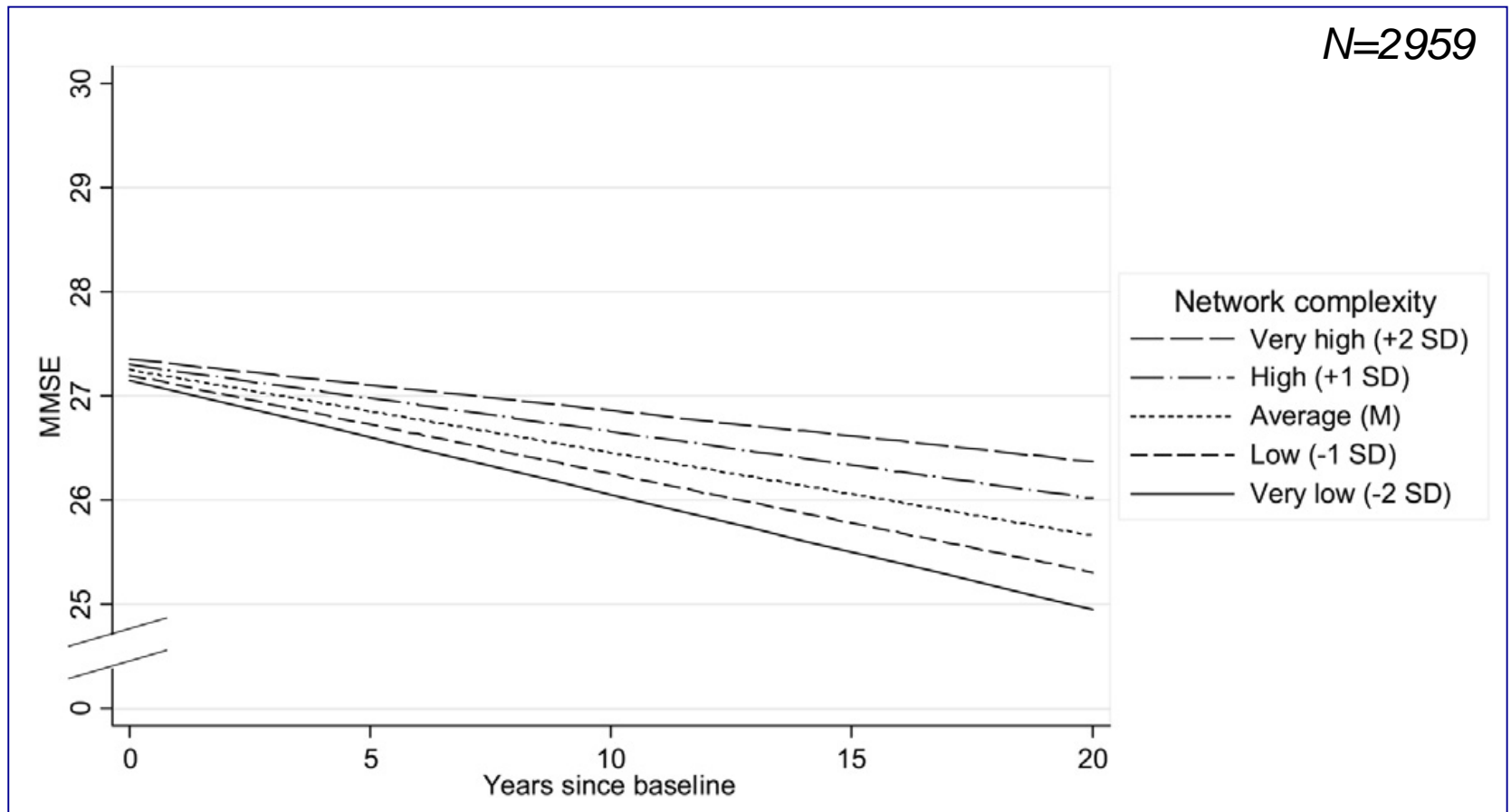
	Males (n = 2,124)					Females (n = 2,464)				
	Model 1		Model 2			Model 1		Model 2		
	Crude OR & 95% CI		Adjusted OR & 95% CI		Goodness of fit ^a	Crude OR & 95% CI		Adjusted OR & 95% CI		Goodness of fit ^a
The number of types of social groups										
Zero	1.00		1.00		p = 0.58	1.00		1.00		p = 0.64
One	0.62	0.47–0.82	0.68	0.51–0.91		0.62	0.48–0.79	0.69	0.53–0.89	
Two	0.70	0.52–0.96	0.80	0.58–1.12		0.50	0.36–0.68	0.62	0.45–0.87	
Three or greater	0.53	0.37–0.74	0.60	0.42–0.87		0.33	0.23–0.48	0.41	0.28–0.61	
Test for linear trend	p < 0.001		p = 0.009			p < 0.001		p < 0.001		
Type of social participation (reference: non-participation of each social group)										
Neighborhood associations	0.78	0.62–0.98	0.90	0.71–1.15	p = 0.73	0.49	0.38–0.64	0.62	0.48–0.81	p = 0.78
Hobby groups	0.51	0.37–0.69	0.59	0.43–0.81	p = 0.64	0.45	0.34–0.59	0.58	0.43–0.77	p = 0.36
Local event groups	0.74	0.57–0.96	0.82	0.63–1.08	p = 0.85	0.49	0.37–0.66	0.63	0.47–0.86	p = 0.54
Senior citizen clubs	1.06	0.80–1.41	0.91	0.67–1.24	p = 0.59	1.17	0.93–1.48	0.88	0.68–1.13	p = 0.18
Volunteer groups	0.50	0.35–0.72	0.57	0.39–0.83	p = 0.66	0.41	0.27–0.62	0.53	0.35–0.82	p = 0.58

OR, odds ratio; CI, confidence interval.

^a Goodness of fit determined by Hosmer-Lemeshow analysis.

Model 2: Adjusted for demographics (age, family structure, body mass index, and pensions), the number of comorbidities, the number of medications used, behavioral factors (alcohol and smoking), psychosocial factors (cognitive function, depression, and social support) and physiological factors (ADL and IADL).

The mix matters: Complex personal networks relate to higher cognitive functioning in old age



Changes in cognitive functioning (MMSE) over time, by different levels of network complexity

Caratteristiche delle relazioni sociali e rischio di demenza

English Longitudinal Study of Aging

Exposure variable (Score type)	Positive scores			Negative scores		
	HR (SE)	p-value	95% CI	HR (SE)	p-value	95% CI
Overall score	0.87 (0.09)	0.171	(0.72, 1.06)	1.31 (0.15)	0.019	(1.05, 1.64)
Spouse + children score	0.89 (0.09)	0.289	(0.73, 1.10)	1.23 (0.13)	0.046	(1.004, 1.51)
Spouse + children + Other family score	0.93 (0.08)	0.450	(0.78, 1.11)	1.27 (0.13)	0.021	(1.04, 1.56)
Other family + friend score	0.89 (0.07)	0.136	(0.76, 1.04)	1.25 (0.13)	0.033	(1.02, 1.55)
Spouse score	0.83 (0.09)	0.107	(0.67, 1.04)	1.08 (0.13)	0.536	(0.85, 1.35)
Children score	0.83 (0.08)	0.042	(0.69, 0.99)	1.19 (0.12)	0.075	(0.98, 1.45)
Other family score	0.92 (0.06)	0.212	(0.81, 1.05)	1.26 (0.11)	0.011	(1.05, 1.50)
Friends score	0.89 (0.07)	0.116	(0.76, 1.03)	1.14 (0.12)	0.238	(0.92, 1.40)

- **Comprensivo**
- **Affidabile**
- **Approcciabile**



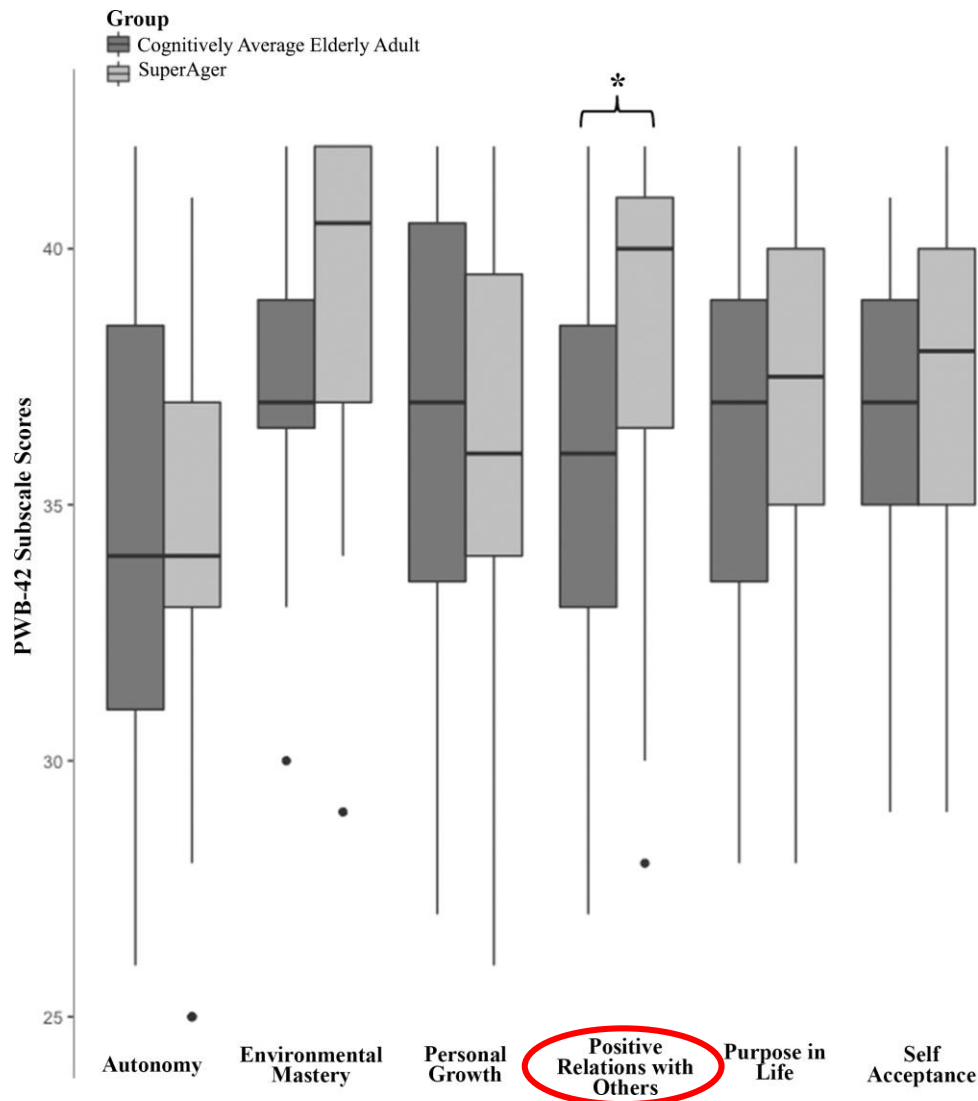
Riduzione del rischio
fino al 17%

- **Critico**
- **Inaffidabile**
- **Seccante**

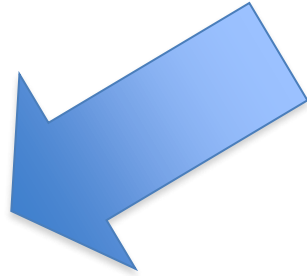


Aumento del rischio fino
al 31%

Psychological well-being in elderly adults with extraordinary episodic memory

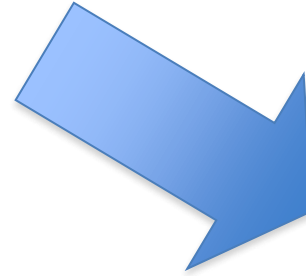


Esercizio fisico



Effetti indiretti

- Migliora il sonno
- Riduce la morbilità cardiovascolare
- Riduce lo stress

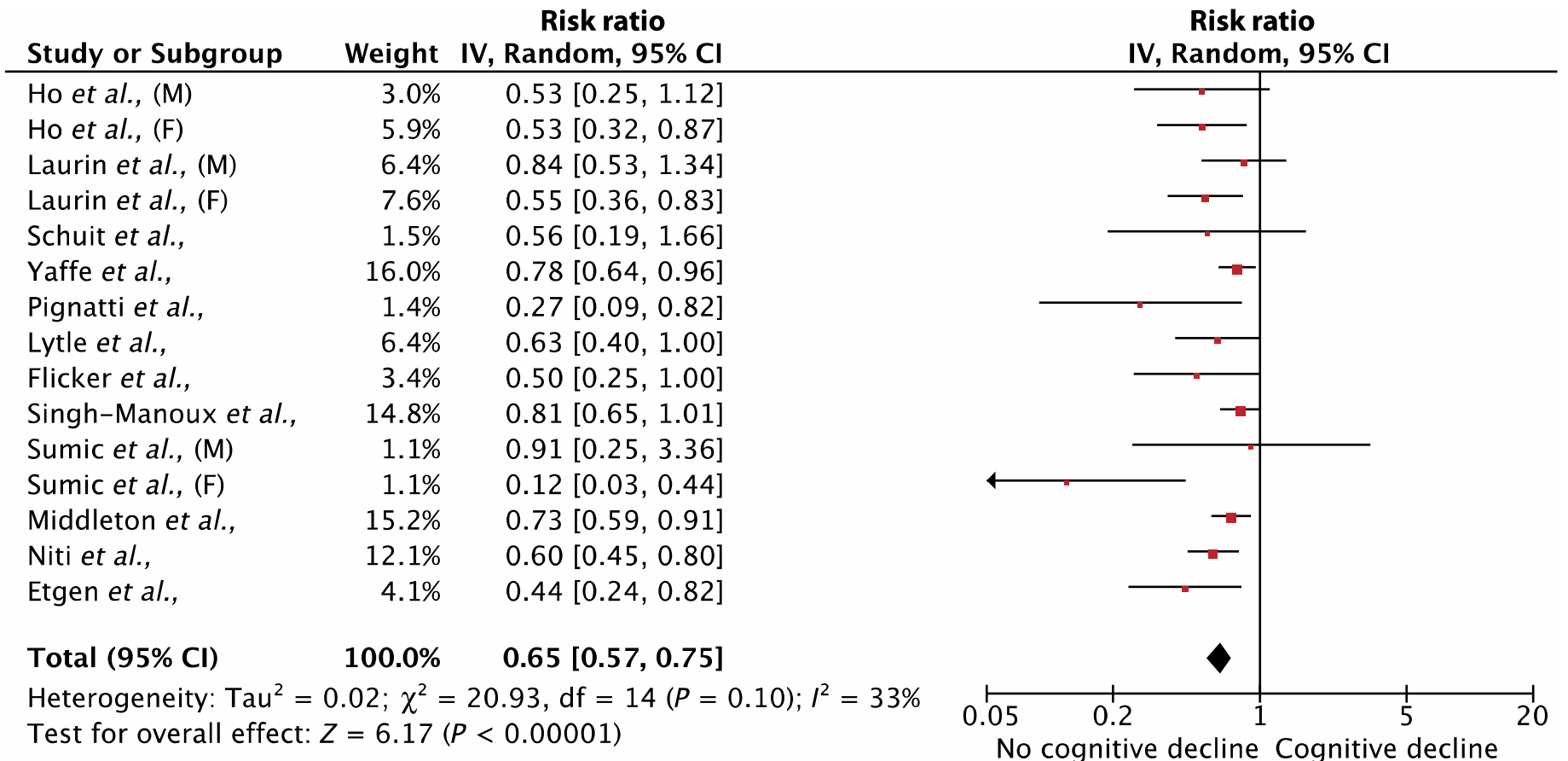


Effetti diretti

- Aumenta l'angiogenesi
- Aumenta il rilascio di fattori di crescita
- Induce neurogenesi ippocampale

Miglioramento funzioni cognitive

Physical activity and risk of cognitive decline: a meta-analysis of prospective studies





Social activity, cognitive decline and dementia risk: a 20-year prospective cohort study



2854 elderly (mean 77 yo) from South France followed for 20 years

*“In the whole population, we found associations between increased engagement in **social, physical, or intellectual** pursuits and increased cognitive ability (but not decline) and decreased risk of incident dementia, and between feeling understood and slower cognitive decline.”*

Conclusioni

- L'assenza di contatti sociali e soprattutto i sentimenti di solitudine aumentano il rischio di demenza
- Al contrario, avere varie relazioni sociali protegge dal rischio
- Non è solo la quantità di relazioni sociali, ma anche la qualità delle relazioni stesse a determinarne l'effetto protettivo
- Quando alle relazioni sociali si associa l'esercizio fisico si hanno i migliori risultati nella prevenzione