MILD COGNITIVE IMPAIRMENT PREVALENCE IN THE POPULATION OLDER THAN 65 YEARS OLD

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Introduction: It is very important to have a precise diagnosis to the Mild Cognitive Impairment, because, is the previous stage to Alzheimer's disease.

Objectives: The aim of the present research is to determine the state of the studied population’s mental health through the application of the two different test.

Methods: Of the population older than 65 years old of the "28 de Enero" policlinic (1395), two neuropsychological tests were applied to 1302 subject (94% of the total). These tests were: Mini-mental State Examination (Folstein, Folstein and Mc Hugh) and Clinical Dementia Rating. Total scores identify normal mental health, Mild Cognitive Impairment and Dementia.

Results: Of the studied subjects 72.7% were classified as normal, 14.3% as Alzheimer disease and 13 % as having Mild Cognitive Impairment,. Of this latter group 98% presented alterations in memory, 48% in attention, being also affected, in smaller degree, the language’ understanding (30,6%) and the time orientation (6,25 %).

Conclusion: The studied population, older than 65 years old, reaches a high index of normality; however, although the subjects with Mild Cognitive Impairment have a normal life, they presented early alterations fundamentally in memory and attention spheres.