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INCIDENCE OF DEMENTIA AND SUBTYPES: A COHORT STUDY IN FOUR REGIONS IN CHINA

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Background: There is a dearth of literature on the incidence of dementia in China.

Methods: Using a stratified, multistage, cluster-sampling method, 16,921 nondemented participants ≥55 years were recruited from four regional centers in China in 1997 and followed up to 4.5 years. Cases were identified through a three-step protocol, according to standardized criteria for dementia, Alzheimer's dementia (AD), and vascular dementia (VaD).

Results: The crude incidence in persons ≥65 years was 12.1/1000 person-years of dementia, 8.2/1000 person-years for AD, and 3.1/1000 person-years for VaD. After adjusting for sociodemographic factors, older age and lower education were associated with a higher risk of incident dementia, AD and VaD; regional difference was associated mainly with an incidence of VaD (north vs. south: hazard ratio [HR] = 3.59); modestly with AD (east vs. west: HR = 1.55).

Conclusions: The incidence of dementia in Chinese population is comparable with that in Europe and United States.

CORRELATING ADULT STEM CELL FUNCTION, COUNTS AND QUALITY WITH BIOLOGICAL AGE

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Progressive decline in biochemical homeostatic and regenerative capacities, has been attributed to aging and age related disorders. However, the biological age of a person can be different from his chronological age. Degenerative changes in tissue-specific stem cells, stem cell niches can occur, along with age or due to life style conditions. In this study, we attempted to correlate various Blood and Adipose derived adult stem cells (eg; haematopeitic stem cells, VSELs, APSCs, MSCs etc.) function, counts and quality with people's Chronological and Biological age. Participants (n= 20) were chosen from various age groups (45 to 55 years) and (stressful/ relaxed) lifestyle backgrounds. A separate group of (n= 10) participants (with age between 45 to 55 years) were enrolled in our 21 days Mind and Body Anti Aging retreat (developed previously). The stem cell counts and function / quality was screened in both the groups, at the end of the retreat. The biological ages of all the participants were calculated following a standard scoring system. We observed a decline in HSC, VSELs, APSCs etc., stem cell counts and functional profile with age and stress. This correlated with the observed increase in the Biological age scoring of the participants. An increase in counts and functional profiles of stem cells was observed in participants who were enrolled in the Mind and Body Retreat program. This correlated well with the observed reduction in Biological age scoring in the participants. Regenerative potential is directly related to Stem cell function, counts and Biological age of a person.

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