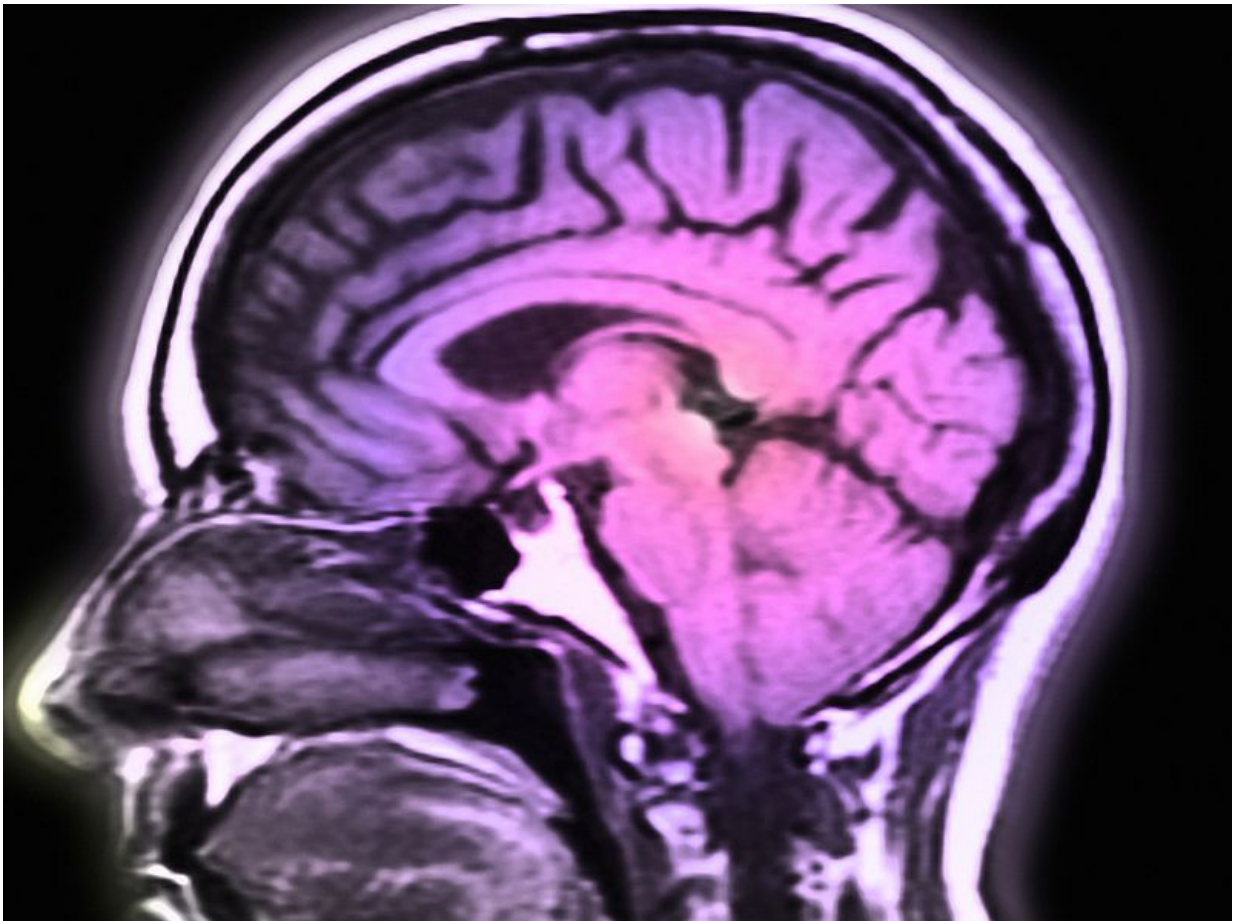


# Metabolic syndrome tied to risk of mild cognitive impairment

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(HealthDay)—The incidence of mild cognitive impairment (MCI) and

MCI progression to dementia is increased in association with metabolic syndrome (MetS), according to a study published online Feb. 29 in *JAMA Neurology*.

Tze Pin Ng, M.D., from the National University of Singapore, and colleagues examined the correlation for MetS and its component [cardiovascular risk factors](#) with the incidence of MCI and its progression to dementia in a prospective longitudinal study. Participants were a population-based sample of 1,519 cognitively normal adults aged 55 years and older (mean age, 64.9 years; 64.8 percent female).

The researchers found that the risk of incident MCI was increased in association with baseline characteristics of MetS (hazard ratio [HR], 1.46), central obesity (HR, 1.41), diabetes mellitus (HR, 2.84), dyslipidemia (HR, 1.48), and three or more component cardiovascular risk factors (HR, 1.58). The risk of MCI progression to dementia was increased in association with baseline characteristics of MetS (HR, 4.25), diabetes mellitus (HR, 2.47), and three or more component cardiovascular risk factors (HR, 4.92).

"The MetS was associated with an increased incidence of MCI and progression to dementia," the authors write. "Identifying individuals with [diabetes mellitus](#) or the MetS with or without MCI is a promising approach in early interventions to prevent or slow progression to [dementia](#)."

**More information:** [Abstract](#)  
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