Brain ageing in mid-life to early old-age: associations with risk factors for dementia and Mild Cognitive Impairment

Nicolas Cherbuin
Australian National University

Abstract
The nature, trajectory and timecourse of brain changes associated with typical brain ageing and the development of Alzheimer’s pathology will be reviewed. Particular attention will be given to early cerebral alterations which suggest that brain ageing and neurodegeneration are slow processes which commence early in adulthood and progress over decades. Risk factors associated with the development of AD and vascular neuropathology will be discussed and evidence demonstrating an association between risk reduction and improved brain health will be presented.