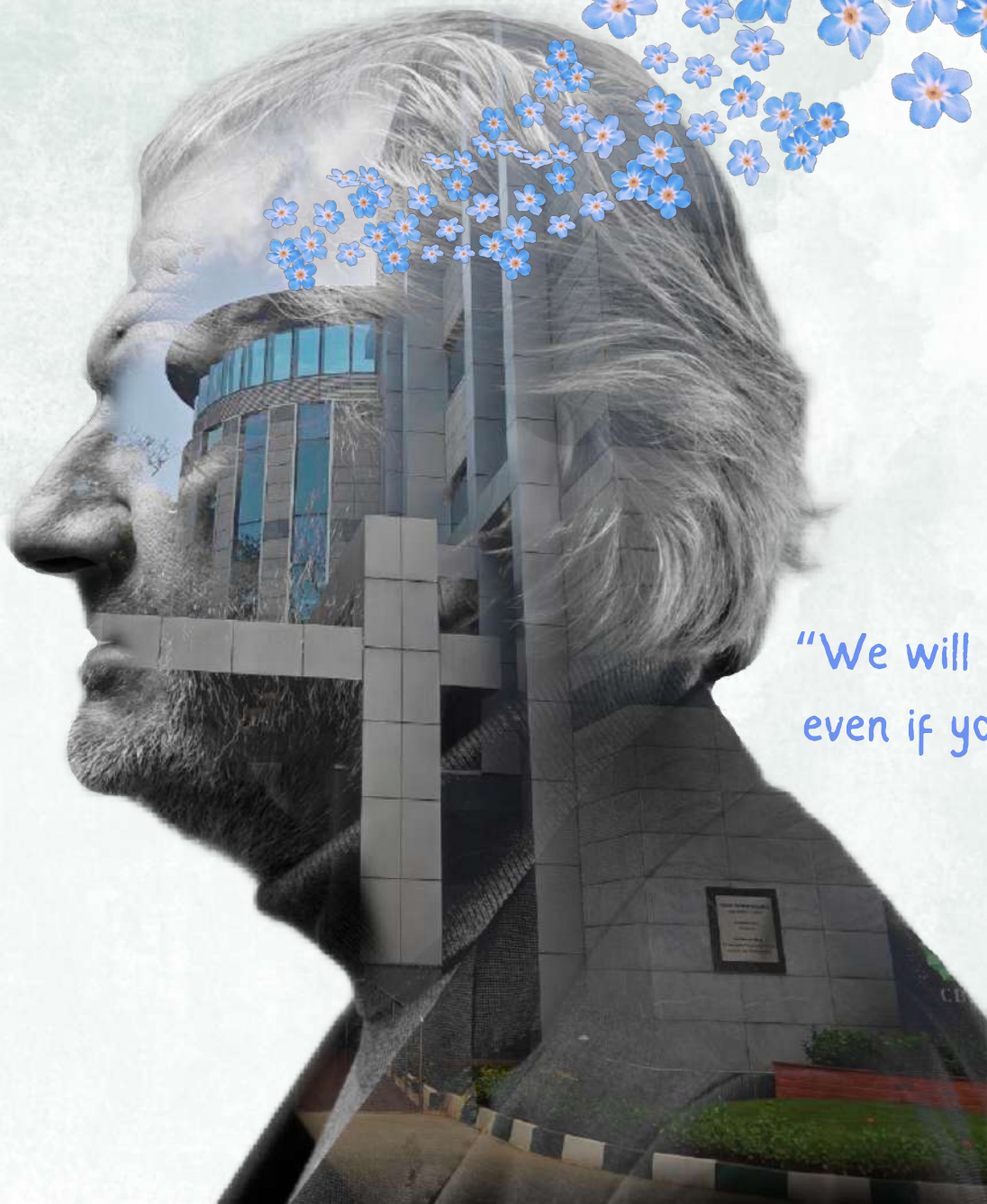




TATA  
LONGITUDINAL  
STUDY OF  
AGING

# MONTHLY NEWSLETTER

SEPTEMBER - 2023



"We will not forget  
even if you forget"



TATA TRUSTS

# LETTER FROM PRINCIPAL INVESTIGATOR'S DESK



**Dear esteemed elders,**

As we commemorate World Alzheimer's Month, it is an opportune moment to reflect on the significance of healthy aging. Aging is an inevitable journey, but how we age can be influenced by the choices we make and the lifestyles we adopt.

Healthy aging isn't just about evading illnesses or disorders like Alzheimer's; it's about nurturing our physical, mental, and emotional well-being. It's about embracing each passing day with vitality, joy, and a zest for life. It's the daily walks in our garden city, the laughter shared with loved ones, the books read, and the new hobbies embraced. Every activity that stimulates our mind and body contributes to our well-being as we age.

Alzheimer's Dementia is a condition that affects memory and cognitive functions and is a concern for many as they age. While there's ongoing research to find definitive cures and preventive measures, adopting a brain-healthy lifestyle can make a difference. Regular mental exercises, a balanced diet, physical activity, social connections, and timely medical check-ups are not only crucial for mitigating risks associated with Alzheimer's but are also fundamental for holistic well-being.

This World Alzheimer's Month, let's pledge to prioritise our health and well-being. On behalf of the entire CBR-TLSA team, I extend my warmest wishes for your holistic well-being and thank you wholeheartedly for the continuous support to CBR initiatives, especially the TLSA studies. CBR is dedicated to do cutting edge research and generate evidence-based strategies to improve brain health and well-being of the elderly and we anticipate your support in this regard. Let us join hands with other stakeholders to make cognitive health and approach to dementia a national priority.

This newsletter is a humble step in this regard and is planned to be a periodic initiative. We also anticipate creative material from you to make this better. Please feel free to circulate it to us.

Wishing you all health, happiness, and memorable moments ahead.

Warm regards,

**Dr. Thomas Gregor Issac**  
PI, CBR-TLSA  
Associate Professor  
CBR, IISc  
Bengaluru-12, India





# Comparison of Risk Factors for Dementia among Rural and Urban Elderly

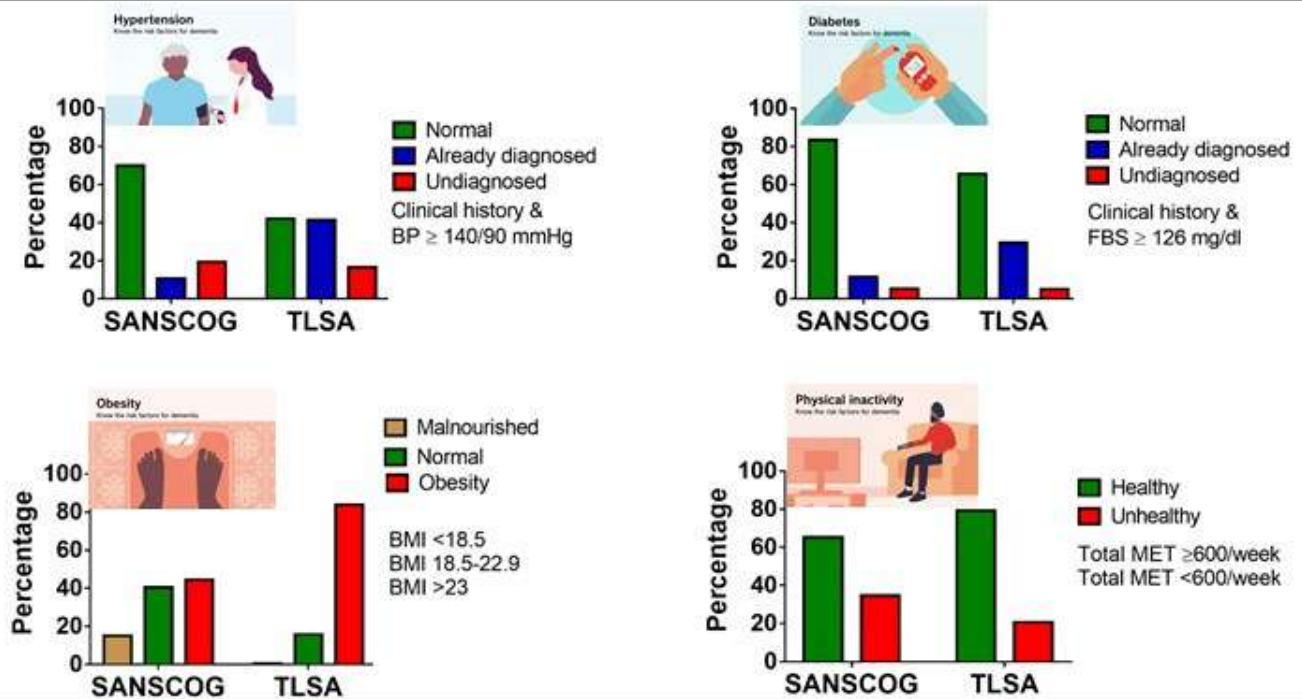
## BACKGROUND

- What is a risk factor?**

A risk factor is a condition or illness which increases the likelihood of getting a disease. For ex: Uncontrolled hypertension increases the odds of getting dementia.

## KEY FINDINGS

- First Indian study comparing dementia risk factors in urban vs. rural areas
- Urban cohort (TLSA) had higher rates of hypertension, diabetes, and obesity
- Rural cohort (SANSCOG) had a significantly higher proportion of undiagnosed hypertension and diabetes



## IMPLICATIONS

Urgent need for public health measures to raise awareness of chronic health conditions

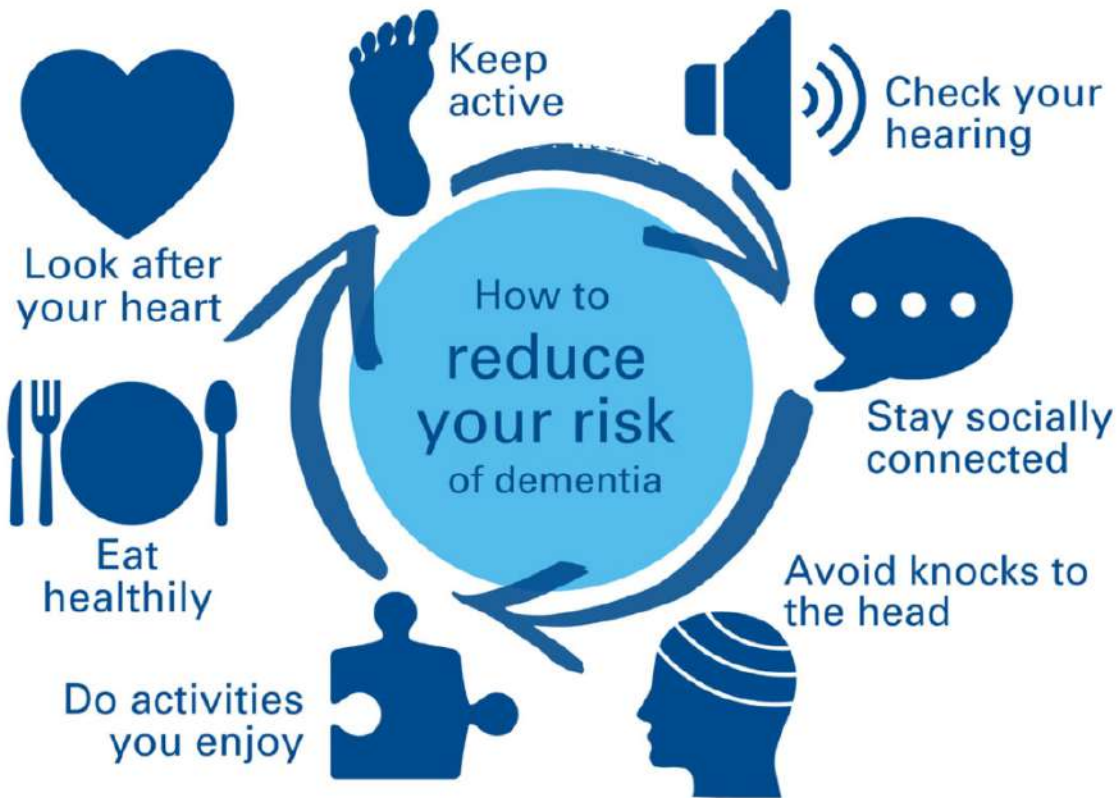
## FUTURE DIRECTIONS

### Multimodal Intervention Trial For The Prevention Of Dementia

This research looks into the effect of multimodal interventions for the prevention of dementia.

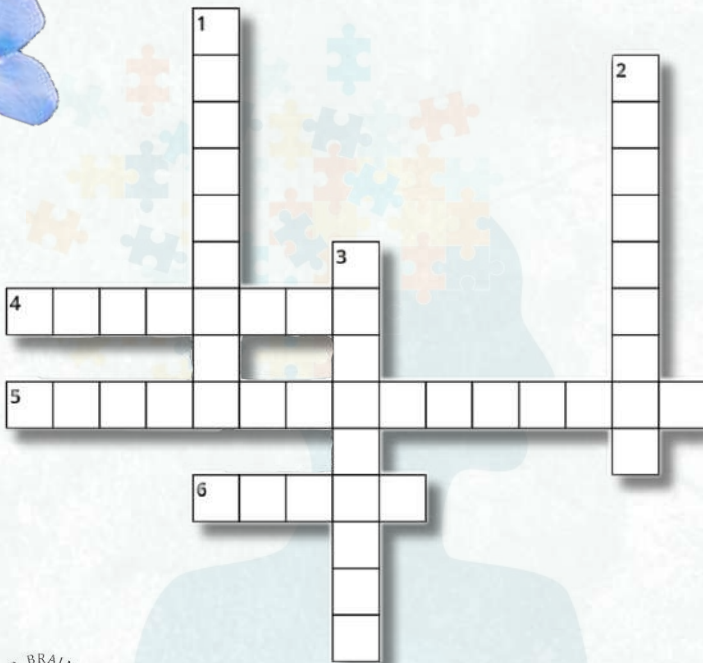
Kindly spread the word.

# HOW TO PREVENT DEMENTIA



Source: The Lancet Commission

## CROSSWORD PUZZLE



### across

- Chronic disorder of memory and thinking
- Ex- Defence minister of India who developed dementia
- Organ affected in dementia

### down

- Veteran kannada actor who portrayed the role of a dementia patient in the movie "godhi banna sadharana maikattu"
- Month in which Alzheimer's day is celebrated
- Person who gives care to a dementia patient