

Biopsychosocial frailty measure predicts risk for dementia

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[impairment](#) and different frailty phenotypes, particularly BF, may be suggested, with an individualized multidomain [intervention] targeting physical, nutritional, cognitive, and psychological domains," the authors write.

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(HealthDay)—Biopsychosocial frailty (BF) can predict short- and longer-term dementia risk, according to a study published in the August issue of *Alzheimer's & Dementia*.

Vincenzo Solfrizzi, M.D., Ph.D., from the University of Bari Aldo Moro in Italy, and colleagues used data from the population-based Italian Longitudinal Study on Aging (2,171 participants) to identify the BF construct plus at least one of the two impaired items of the 30-item Geriatric Depression Scale. BF incorporates physical, psychological, and social elements.

The researchers found that during a 3.5-year follow-up, participants with BF showed an increased risk for overall [dementia](#) (hazard ratio [HR], 2.16), particularly vascular dementia (HR, 3.21). A similar trend was seen for seven-year follow-up with an increased risk for overall dementia (HR, 1.84), especially [vascular dementia](#) (HR, 2.53).

"Secondary preventive strategies for [cognitive](#)

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