

## ACTUAL CHALLENGES OF ALZHEIMER DEMENTIA APPROACH. AN OVERVIEW.

L. SPIRU<sup>1</sup>, I. TURCU<sup>1</sup>, I. IOANCIO<sup>1</sup>

1. Ana Aslan International Academy of Aging, Bucharest, ROMANIA

In the context of global population aging and the consecutive raising of dementia incidence, the improvement of early diagnosis instruments and of preventive and treatment strategies are capital for the enhancement of the life quality of the patients, as well as for the reduction of health care costs. The presentation performs an overview of the actual trends in the three main sore points of this struggle: the understanding of healthy versus pathological brain aging, the elaboration of the most accurate diagnosis tools, and the elaboration of powerful preventive and treatment algorithms. The first section, "Normal Versus Pathological Aging" reviews the cut-edge insights related to aging in the absence of disease, their cultural, gender and bio-medical particularities, etc. The second part, "Cut-edge tools in Brain Aging Diagnosis, reviews the actual trends in the elaboration of powerful, early diagnosis tools, from metabolomic and epigenomic markers to sophisticated imagistic systems. The last section critically overview the actual, holistic algorithms related to dementia prevention and management. Finally, certain aspects related to the patients attempt in our Aslan Memory Clinic and the Aslan International Clinic for Longevity, Healthy Aging and Brain Aging Prevention from Bucharest are presented. The central conclusion of the presentation is that brain aging delay, dementia detection and management resides in their holistic approach and in the accuracy and powerfulness of diagnosis tools as the first, decisive step.