

Unlocking Cognitive Longevity: Culturally Tailored Tools to Shield the Mind

Population aging is a worldwide trend. To embrace longevity with freedom, preserving good cognition and functional independence is key. Medical advances have brought great leaps in the early detection and management of Alzheimer's disease. However, there is still a long way before medical treatment would revert the process of neuro-degeneration. Long term prospective studies provided empirical evidence for the importance of cognitive and mental well being as determinants of healthy aging through a life course perspective. While it is aware that good lifestyles are conducive to better health, logistic barriers and psychological hurdles frequently impede sustained practice.

There should be a call to explore cultural friendly lifestyles that are tailored to the community with different psychological and cognitive needs. To facilitate implementation, effectiveness of the different programs should be evaluated by objective measures. In the talk, it will explore approaches to empirical studies on cultured tailored interventions for optimizing cognition. Challenges and opportunities to further development for our older community will be discussed.