



## Healthy Cognitive Aging and the Prevention of Dementia

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### Message from the Guest Editors

Ageing is the strongest known risk factor for cognitive decline, but dementia is not a natural or inevitable consequence of ageing. Behavioral prevention strategies on lifestyle-related risk factors for dementia, as well as new therapeutic interventions (i.e., virtual reality and non-invasive brain stimulation) can help maintain high levels of cognition and functional integrity, and can reduce the social, medical, and economic burden associated with cognitive decline and age-associated neurodegenerative diseases. The aims and scope of this Special Issue are to enhance knowledge concerning the risk factors associated with the progression from normal cognitive decline to dementia, and to highlight recent advances and innovative approaches for dementia prevention, intervention, and care during the COVID-19 pandemic. Hence, we are soliciting empirical articles, theoretical proposals, and scientific reviews investigating the effects of innovative interventions to prevent or reduce the burden of age-related on cognitive disorders or neurodegenerative conditions.





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## Message from the Editor-in-Chief

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