

Special Issue

Risk Factors, Intervention and Prevention of Dementia and Alzheimer's Disease

Message from the Guest Editors

Over the decades, advancements in neuroscience have revealed that AD is linked to the accumulation of amyloid beta plaques and neurofibrillary tangles composed of tau protein in the brain. Historically considered an inevitable consequence of aging, dementia is now understood to have **modifiable and non-modifiable risk factors**, including age, genetics, vascular health, education, and lifestyle. Early research mainly focused on disease pathology, but studies in recent decades have expanded into **intervention and prevention strategies**, such as physical activity, cognitive training, social engagement, and cardiovascular risk control. With rising global life expectancy, the prevalence of dementia is increasing, making prevention a major public health goal. A growing body of evidence now supports a **lifespan approach** to reduce dementia risk through targeted interventions across midlife and older age. This Special Issue aims to explore the underlying risk factors contributing to the onset and progression of dementia and AD, and to identify evidence-based interventions and preventive strategies that can delay or reduce the burden of these neurodegenerative disorders.

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Deadline for manuscript submissions

31 May 2026



Journal of Dementia and Alzheimer's Disease

an Open Access Journal
by MDPI



mdpi.com/si/241434

*Journal of Dementia and
Alzheimer's Disease*
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