

PRESS RELEASE

Alzheimer's disease awareness in Hong Kong

(Hong Kong, 24 September 2018) – September is World Alzheimer's Month. To raise awareness of this disease in Hong Kong, a review in the newest issue of the *Hong Kong Medical Journal* discusses the present standard of care for those with Alzheimer's disease.

Alzheimer's disease, the most common form of dementia, is an expanding issue in Hong Kong, China, and other countries with ageing populations. A diverse team of experts, led by senior authors Dr David Dai and Dr Johnson Lau from Hong Kong Alzheimer's Disease Association and Avalon Genomics (HK) Limited, respectively, find that earlier detection and treatment are required, along with better education for all parties involved, in order to promote dementia-friendly communities.

The authors report that genetics play a significant role in the development of Alzheimer's disease. More than 10 genetic markers have been identified that can help predict the likelihood of a person developing Alzheimer's disease. Environmental factors, including diet, sleep, physical activity, and cognitive reserve, are equally important. Corresponding author Dr David Dai of the Hong Kong Alzheimer's Disease Association says, "Although there is not yet a cure, healthy eating, regular exercise, and education can all help prevent or delay the onset of Alzheimer's disease".

For patients with Alzheimer's disease, medication or cognitive intervention is necessary to treat the symptoms, and psychological treatment and social care are required for long-term support. The authors call for collaboration among the medical community, government, and other organisations to develop measures to improve diagnosis and treatment of patients with Alzheimer's disease and to increase awareness and support for their families and communities.

The review article "Alzheimer's disease: insights for risk evaluation and prevention in the Chinese population and the need for a comprehensive programme in Hong Kong/China" was published in the latest issue of the *Hong Kong Medical Journal*.

新聞稿

香港阿爾茲海默氏症的防病意識

(香港, 2018年9月24日) – 每年九月訂為世界認知障礙月。為了提高香港市民對這種疾病的認識,《香港醫學雜誌》最近刊登有關認知障礙症患者護理標準的回顧文章。

阿爾茲海默氏症是最常見的認知障礙症。在香港、中國以至其他人口老化國家,這種疾病的發病率正不斷擴大。這篇由非牟利服務機構和私營基因研究團隊聯合領導的評論建議及早偵測病症和治療,並透過對相關方提供更佳教育,促進發展認知障礙友好社區。

作者認為,遺傳基因與認知障礙症息息相關。目前已確定10多種遺傳標記,有助預測認知障礙症發病的可能性。飲食、睡眠、身體活動和建立認知儲備等環境因素也同樣重要。其中一位作者,來自香港認知障礙症協會的戴樂群醫生認為,雖然目前還沒有治癒方法,但健康飲食、經常運動和教育均有助預防或延緩認知障礙症的發病期。

認知障礙症患者需要藥物或認知干預治療,以及心理治療和社會護理作為長期支持。作者呼籲醫學界、政府及其他組織合作制定措施,改善認知障礙症的診斷和治療,以及提高防病意識和病者家庭和社區的支持。

詳細內容可參閱原文《華籍人口認知障礙症的風險與預防,以及應對香港/中國社區的綜合方案的需要》。

###

Source:

Anita Yee, Nancy BY Tsui, YN Chang, Clarea SM Au, Manson Fok, LT Lau, Teresa Chung, Gregory Cheng, Rick YC Kwan, Angela YM Leung, Johnson YN Lau, David LK Dai. Alzheimer's disease: insights for risk evaluation and prevention in the Chinese population and the need for a comprehensive programme in Hong Kong/China.

Hong Kong Med J 2018;24:Epub 24 Sep 2018. DOI: 10.12809/hkmj187244.

URL: <http://www.hkmj.org/earlyrelease/hkmj187244.html>

If you would like more information about this topic, please contact:

(1) Dr David Dai (Hong Kong Alzheimer's Disease Association) at 9261 0772 or email (davidkdai@gmail.com); or

(2) Dr Johnson YN Lau (Avalon Genomics [HK] Limited; Dept of Applied Biology and Chemical Technology, The Hong Kong Polytechnic University) at 3708 1799 or email (johnsonynlau@avalonbiomedical.com).