

A troubling trend in Asia's aging population

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Abstract

Asia has 365 million elderly people, and this population is expected to reach 520 million by 2030 Asian countries also had the highest rates of dementia in the 2015 World Alzheimer Report Because the risks of dementia and hypertension - which are related - increase with age, Asia is facing a troubling trend in its aging population The HOPE Asia Network conducted a much-needed review of hypertension and dementia in Asia They found that Asians had low awareness of hypertension as a major risk factor for brain damage and compared to developed countries, Asian countries had poorer hypertension management The HOPE Network emphasized the importance of controlling blood pressure variability to preserve cognitive functions by reducing vascular dementia risk and global stroke burden and suggested that Asia must focus on detecting hypertension and lowering blood pressure in midlife to protect against later-life cognitive decline in its growing elderly population Turana et al. "Hypertension and Dementia: A comprehensive review from the HOPE Asia Network" J Clin Hypertens (2019)