

<S11-2>

## Hypertension and Cognitive Impairment

Hee Jin Kim

Sungkyunkwan University, Korea

Hypertension is one of the most common chronic diseases in older adults. Accumulating evidence has shown that hypertension is an important risk factor for vascular dementia, Alzheimer's disease, and mild cognitive impairment. High blood pressure in midlife is associated with increased dementia risk in later life. Several observation and intervention studies suggest that effective control of blood pressure in older adults with hypertension prevents incidence of dementia. While it

is clear that hypertension can affect brain structure and function, recent findings suggest that the associations between blood pressure and cognition are complex and, in many cases, dependent on factors such as age, hypertension chronicity, and antihypertensive medication use. I will introduce the complex relationship between hypertension and cognitive impairment, and discuss the results of recent randomized controlled trials of antihypertensive therapy to reduce cognitive decline.