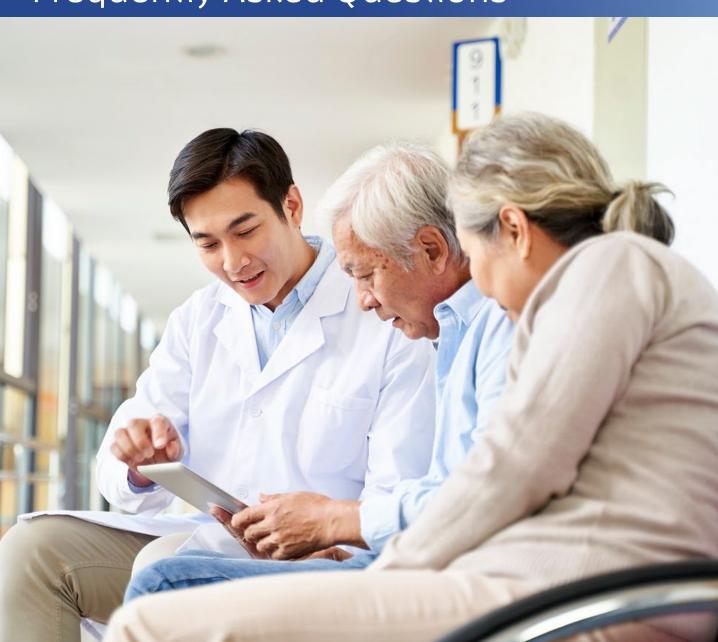




Department of **Geriatric Medicine**

Mild Cognitive Impairment (MCI): Frequently Asked Questions



MILD COGNITIVE IMPAIRMENT (MCI): FREQUENTLY ASKED QUESTIONS

What is the difference between normal ageing, MCI and dementia?

- MCI is an intermediate state between normal ageing and dementia.
- Persons with MCI may experience minor difficulties with more challenging tasks but should not have major problems with everyday living.
- In contrast, those with dementia experience problems with everyday tasks and are unable to handle these activities independently.

What are the symptoms of MCI?

- · Forgetting things more often
- Misplacing items
- Difficulty keeping track of appointments or social events
- Difficulty following a conservation
- Difficulty with multi-tasking

Despite these symptoms, a person with MCI can still function independently in the community. However, if the above symptoms affect functioning in the community, the diagnosis of Dementia should be considered instead.

How is MCI diagnosed?

 MCI is diagnosed by clinical history, physical examination, cognitive assessments and investigations (e.g. blood tests, brain imaging)

Can MCI be treated?

Currently, there are no proven medications or supplements that have shown significant benefit
in treating MCI. However, certain interventions may delay or prevent the progression of MCI to
dementia.

If I have MCI, will I definitely progress to a state of dementia?

- Older adults with MCI are at increased risk of progressing to dementia. The risk of MCI progressing to dementia in those > 65 years old is estimated to be 15% over 2 years.
- However, not everyone with MCI will develop dementia. Some people with MCI remain stable over time and some may even improve and revert to normal, especially if a treatable cause of MCI is identified.

Reference:

- Petersen RC. Practice guideline update summary: Mild cognitive impairment: Report of the Guideline Development, Dissemination, and Implementation Subcommittee of the American Academy of Neurology. Neurology. 2018
- Alzheimer's Society Factsheet 470 What is mild cognitive impairment (MCI)?

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