

Department of
Geriatric Medicine

Mild Cognitive Impairment (MCI): Management



MILD COGNITIVE IMPAIRMENT (MCI): MANAGEMENT

These are some interventions that may delay or prevent the progression of MCI to dementia.

Cognitive Stimulation



Why it is important

The 'use it or lose it' hypothesis suggests that mental activity might improve cognitive function. Cognitive stimulation helps build up your brain reserves to help prevent or delay the onset of dementia.

What you can do

- Keep your brain active with puzzles, quizzes or reading. Joining a choir group and learning new songs can also help in improving memory.

Optimise Hearing



Why it is important

Hearing loss can lead to reduced cognitive stimulation and also increase the risk of social isolation.

What you can do

- Attend regular health screenings and consult a doctor if you experience hearing loss.
- Use hearing aids if prescribed.

Good Mood



Why it is important

It is important to maintain a good mood as depression increases the risk of dementia.

What you can do

- Spend time to relax and do things that you enjoy. Read books for leisure or practice mindfulness.
- Speak to your family and consult a doctor if you feel down, depressed or helpless.

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Good Sleep



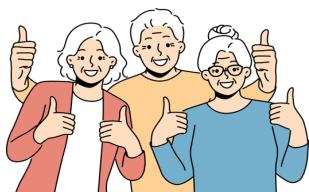
Why it is important

Sleep disturbances have been linked to changes in the brain which may increase the risk of dementia.

What you can do

- Keep a regular sleep schedule, limit daytime naps
- Avoid stimulants such as caffeine (tea/coffee) and alcohol before bed
- Ensure sleep environment is conducive
- Consider meditation, listening to calming music, praying or chanting if they help enhance sleep

Social Engagement



Why it is important

Social engagement enhances cognitive reserves while decreasing the risk of dementia and depression.

What you can do

- Make an effort to visit friends and family
- Learn a new hobby
- If you have a pet, connect with other pet owners
- Do volunteer work
- Use existing skills and talents to network

Physical Activity



Why it is important

Exercise promotes the release of neurochemicals that help with learning and memory.

What you can do

- Do regular physical exercise
- Exercise in a group
- Incorporate exercise into your daily routine (e.g. household chores, gardening, walking the dog, choosing to walk instead of taking public transport)

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Balanced Diet



Why it is important

A balanced diet will ensure adequate nutrients and vitamins to maintain a healthy brain.

What you can do

- Consume a diet rich in fruits, vegetables, whole grains, lean protein and healthy fats (e.g. Mediterranean Diet)
- Limit unhealthy and processed foods that are high in sodium and saturated fat

Cardiovascular Risk Factor Control



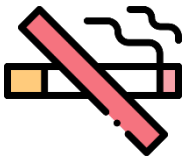
Why it is important

Cardiovascular diseases (e.g. Hypertension, Hyperlipidaemia, Diabetes Mellitus) increase the risk of stroke, which may accelerate cognitive decline and dementia.

What you can do

- Attend regular health check-ups
- Take medications regularly to ensure good control of cardiovascular diseases

Smoking Cessation



Why it is important

Smoking affects general health and contributes to a higher risk of cardiovascular disease which compromises brain health.

What you can do

- Gradually reduce and aim to stop smoking completely
- Seek professional help from smoking cessation clinics

Alcohol Cessation



Why it is important

Alcohol consumption is associated with decline in mental and physical abilities, which may lead to cognitive impairment and dementia.

What you can do

- Drink alcohol in moderation
- Speak to a healthcare professional for advice on how to reduce or stop the habit of drinking

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