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## Cognitive impairment in patients with arterial hypertension as a predictor of Dementia

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**Introduction:** Arterial hypertension (AH) is considered as one of the causes of vascular dementia. Brief Montreal Cognitive Assessment Scale (MoCA) can be sensitive to the detection of cognitive impairment (CI) in AH.

**Objective:** To evaluate the validity of the use of MoCA test for the detection of CI in patients with AH lasting no more than 10 years.

**Material & Methods:** Observed 60 patients with a higher education (females -24, males -36) aged 40-60 years with AH lasting no more than 10 years. To determine the degree of CI, MMSE and MoCA were used.

**Results:** 80% of patients with AH are pre-dementia CI which is identified in the application of MoCA-test, whereas MMSE was not informative. According to MoCA average value was  $19.5 \pm 2.5$  points and according to the MMSE - 30 points. At the same time moderate CI ( $22.5 \pm 2.5$  points) detected in 56.6% of cases, heavy CI ( $16.5 \pm 2.5$ ) was diagnosed in 23.3%. Among patients with a duration of up to 5 years of AH is well coped with the tasks of MoCA 40%, 60% of detected light CI. In patients with AH from 5 to 10 years, MCI identified in 53.4% of cases ( $21 \pm 1.0$  points), 46.6% of patients had a dementia (14-19 points).

**Conclusions:** The observed decline in cognitive function in patients with AH that can possibly be regarded as a predictor of dementia. These results make it necessary and justified to make use of MoCA-test for the universal screening for CI.

### Biography

Saule T Turuspekova (MD, PhD) is a Neurologist of highest category and Professor of the Department of internship and residency in Neurology of KazNMU. In 1995, she completed PhD Thesis, "Vegetative-vascular disorders in cerebral manifestations of diabetes mellitus" and in 2010-Doctoral thesis - "The influence of small doses of ionizing radiation on the nervous system". She has published over 100 scientific papers which were presented at international conferences in many countries. She received state scholarship for talented young scientists of the Ministry of Science of the Republic of Kazakhstan. She served as the Coordinator of the Russian Youth Academy of Sciences (Samara), 2015-the personal physician of the Kazakhstan astronaut Aydin Aimbetov. She is the Member of the ESO, WSO, «Neurosciences», EAN.

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