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**Cardiovascular risk and mild cognitive impairment for Alzheimer's disease**

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**Background & Aim:** The old individuals represent the fastest growing population today higher age is a risk factor for Alzheimer's disease. However exist limited information about clinical markers and biomarkers for the risk to Alzheimer's disease. The main objective of this study is to identify cardiovascular risk associated with Mild Cognitive Impairment (MCI) to Alzheimer's disease.

**Methods:** The study included a total of 202 participants. The study logistics complied with the Declaration of Helsinki. Cardiovascular risk for this study was defined as the probability of developing a cardiovascular disease within a defined period of time, such as high blood pressure, cholesterol, overweight/obesity, tobacco use, lack of physical activity and diabetes and the risk of Mild Cognitive Impairment (MCI) to Alzheimer's disease was evaluate with The Montreal Cognitive Assessment (MoCA). To determine the association between the study variables and the risk of MCI, a binary logistic regression was used for statistical analyses. All p values <0.05 were regarded as statistically significant.

**Results:** The general characteristic of the study was 202 participants of which 47.6% was women; mean age of 72±8.5 years, 97 participants with MCI risk. In general, we found a relationship tendency that exposes an increased risk of mild cognitive impairment in the elderly for overweight, lack of fruit consumption and diabetes, however these relationships were not statistically significant except for hypertension (OR: 1.42, p=0.03); while physical activity may reduce MCI risk (OR: 6.3; p=0.02), and low fat intake was a protective factor for the risk of mild cognitive impairment (OR: 0.331; P=0.04).

**Conclusions:** Physical activity and good eating habits decrease the risk of mild cognitive impairment to Alzheimer's disease in the elderly.

**Biography**

Lina Maria Lopez Roa is pursuing PhD in Biomedical Research Methodology and Public Health. He is the Professor at the Cauca University, Department of Family Medicine, attached to the research group human body movement and quality of life.

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