



# From the FINGER trial to World Wide FINGERS

(WW-FINGERS):

Applicability of multi-domain interventions

**Prof. Miia Kivipelto, MD, PhD**

Managing Director & Director of Research and Development

Karolinska Institutet, NVS, Center for Alzheimer Research

Karolinska University Hospital, Aging Theme

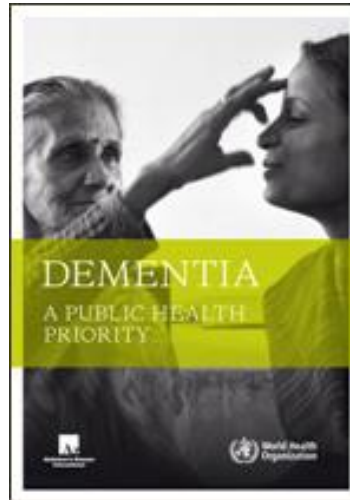


# Dementia prevention: global priority




WORLD WIDE FINGERS

WHO Dementia Report, 2012



WHO Ministerial Conference on Global Action Against Dementia, 2015

 The Lancet Neurology Commission 2016

**Defeating Alzheimer's disease and other dementias: a priority for European science and society**

 Policy View **THE LANCET** Neurology 2016

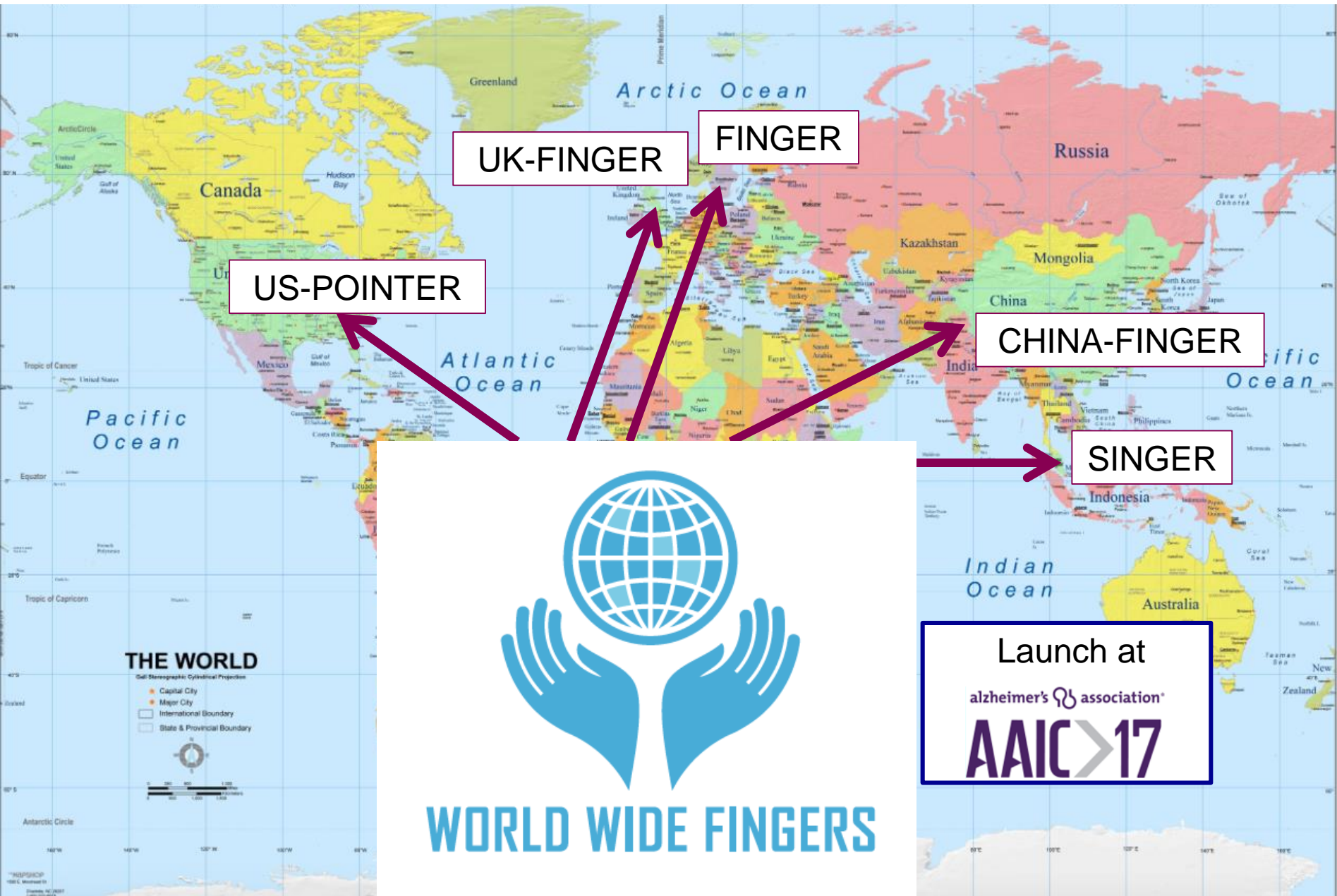
**Research priorities to reduce the global burden of dementia by 2025**

## A 2 year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people (FINGER): a randomised controlled trial

*Tii Ngandu, Jenni Lehtisalo, Alina Solomon, Esko Levälähti, Satu Ahtiluoto, Riitta Antikainen, Lars Bäckman, Tuomo Hänninen, Antti Jula, Tiina Laatikainen, Jaana Lindström, Francesca Mangialasche, Teemu Paajanen, Satu Pajala, Markku Peltonen, Rainer Rauramaa, Anna Stigsdotter-Neely, Timo Strandberg, Jaakko Tuomilehto, Hilikka Soininen, Miia Kivipelto*

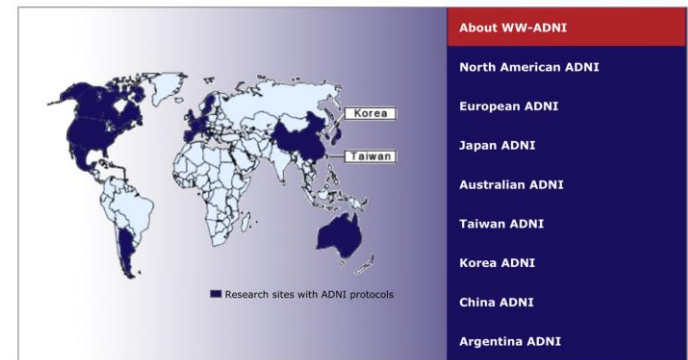
**Interpretation** Findings from this large, long-term, randomised controlled trial suggest that a multidomain intervention could improve or maintain cognitive functioning in at-risk elderly people from the general population.

# World Wide FINGERS





# WW-FINGERS



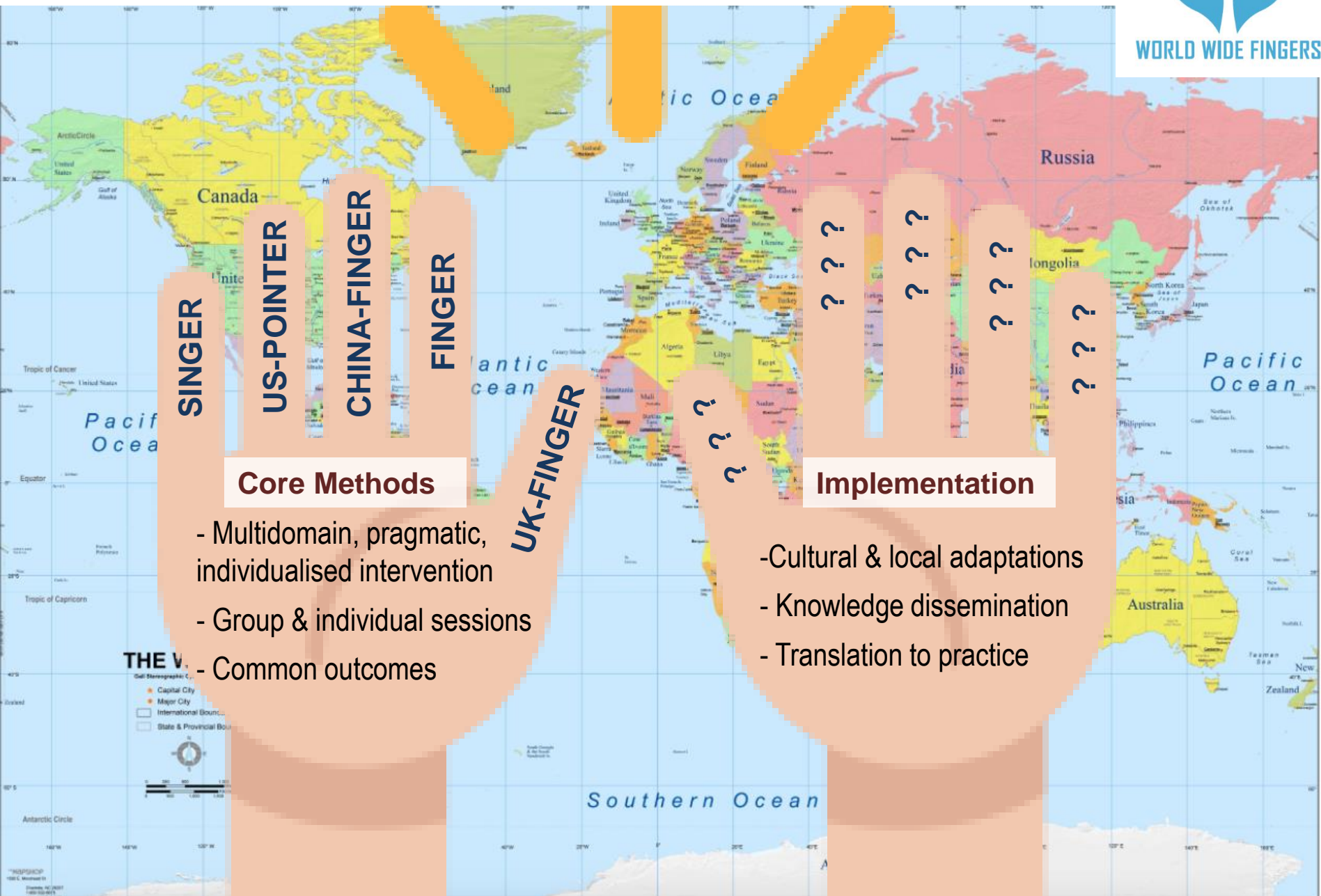
An **interdisciplinary network** to:

- ✓ Share experiences, research ideas and data
- ✓ Harmonize research methods in prevention trials
- ✓ Plan joint dementia prevention initiatives
- ✓ Facilitate synergistic use of multinational data
- ✓ Generate robust evidence on effective preventive approaches for various at-risk groups and settings
- ✓ Rapidly implement knowledge
- ✓ Formulate recommendations and guidelines for dementia prevention and future trials

# World Wide FINGERS (WW-FINGERS)



WORLD WIDE FINGERS



**SINGER**

**US-POINTER**

**CHINA-FINGER**

**FINGER**

**UK-FINGER**

## Core Methods

- Multidomain, pragmatic, individualised intervention
- Group & individual sessions
- Common outcomes

## Implementation

- Cultural & local adaptations
- Knowledge dissemination
- Translation to practice

# World Wide FINGERS (WW-FINGERS) Progress



UK-FINGER  
London visit  
March 2017



SINGER  
Helsinki visit  
May 2017

US-POINTER  
Washington visit  
Jan 2017

CHINA-FINGER  
Jinan visit  
May 2017

WW-FINGERS  
Consortium

alzheimer's association®

AAIC >17



Southern Ocean

Antarctica

## **Take home points: How to prevent cognitive impairment and dementia?**

- 1. Multi-factorial aetiology:** multi-domain interventions effective for several cognitive domains.
- 2. FINGER:** pragmatic model that can be tested and adapted in various settings and populations.
- 3. Future: One size does not fit all!**
  - Tailored interventions for specific at-risk profiles
  - Combining non-pharmacological & pharmacological
  - Utilization of new technology
- 4. WW-FINGERS: Importance of global initiatives!**
  - Sharing experiences and data
  - Harmonization of methods
  - Pragmatic prevention programs