

se doporučuje tzv. středomořská dieta, která při dlouhodobé konzumaci snižuje riziko až o 11 % (Nucci et al., 2024). Středomořská dieta obsahuje potraviny bohaté na antioxidanty, zdravé tuky a esenciální vitaminy a minerály, které zvyšují odolnost mozku různými cestami – skrze redukci zánětlivých procesů a snižují oxidativní stres a hladiny LDL cholesterolu (Mena et al., 2009).

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## Shrnutí

Protektivní působení optimalizace modifikovatelných rizikových faktorů zahrnuje čtyři klíčové mechanismy: snížení vaskulárního poškození, snížení neuropatologických změn, snížení míry zánětu a stresu a posílení tvorby kognitivní rezervy (Livingston et al., 2024). Včasná identifikace rizikových faktorů je klíčová pro potenciální intervenci a specifická

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doporučení v klinické praxi (Tab. 1). Prevence demence by měla být prioritou nejen v individuální péči o zdraví, ale i v rámci veřejného zdravotnictví – podpora vzdělání, prevence kardiovaskulárních a metabolických onemocnění, dostupnost naslouchátek, léčba poruch zraku či snaha o zlepšení kvality ovzduší jsou kroky, které mohou výrazně snížit zátěž demence ve stárnoucí populaci.

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