

# The Japan-multimodal intervention trial for prevention of dementia

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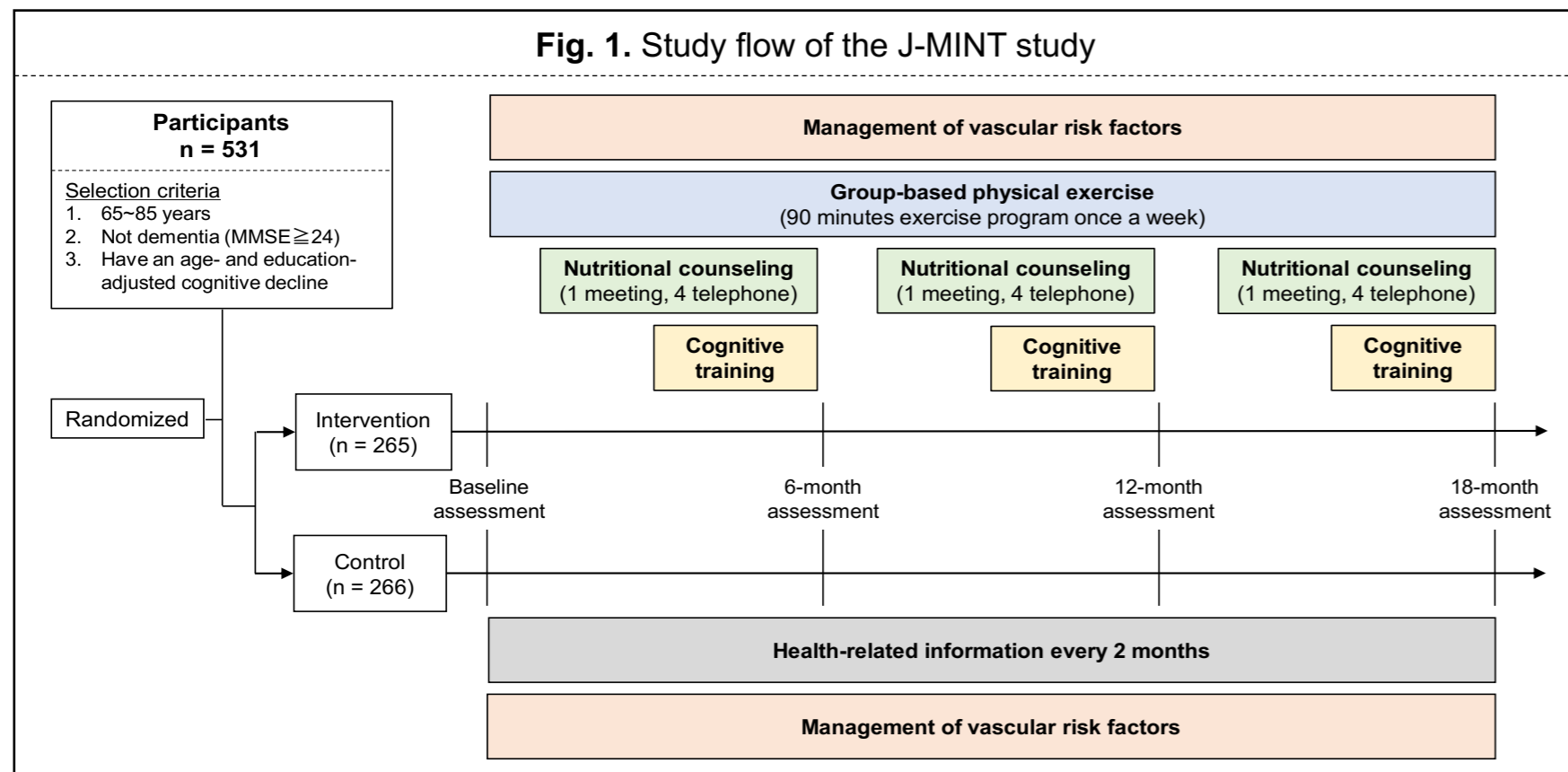


## 1. Current situation on dementia prevention

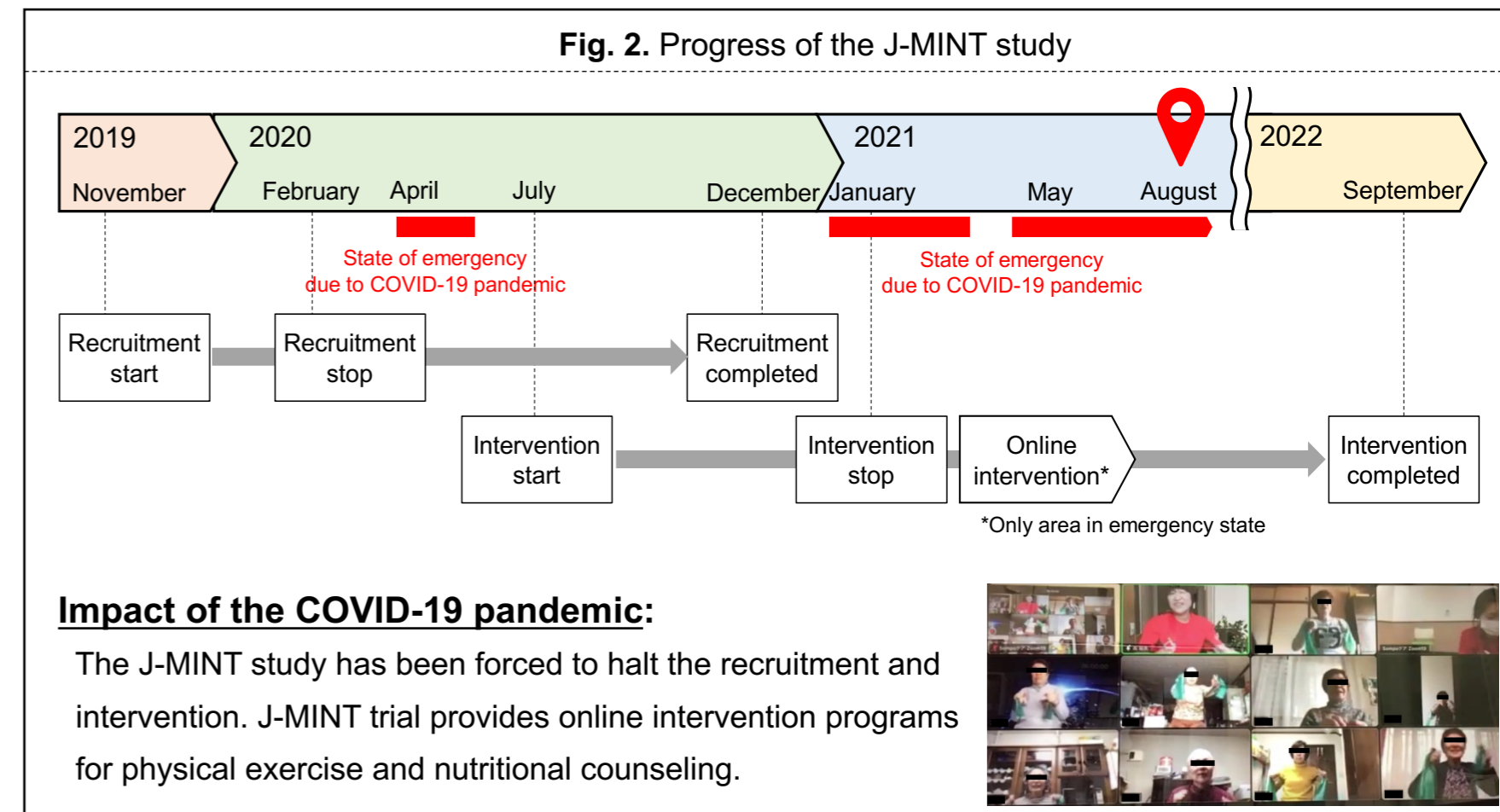
- ✓ The number of people with dementia is increasing along with the aging of the population and is expected to increase to 131.5 million by 2050.
- ✓ Given the high drug development failure rate in Alzheimer's disease, developing successful non-pharmacological strategies to prevent dementia is an urgent priority.
- ✓ The FINGER study conducted in Europe has shown that multimodal interventions can slow down the speed of cognitive decline. [Ngandu T et al., 2015]
- ✓ In Japan, the J-MINT study aiming at verifying the effectiveness of multidomain interventions targeting modifiable risk factors for prevention of dementia, was launched in 2019.

## 2. Overview of the J-MINT study

The J-MINT study is a multicenter randomized controlled trial of an 18-month multidomain intervention for dementia prevention among older adults with cognitive impairment (Fig.1).



## 3. Progress and challenges



## 4. Next steps and directions

- ✓ The results of this trial will not only establish a standardized approach for older people at high risk for dementia, but also serve as a starting point for social implementation.
- ✓ The J-MINT-Prime trial incorporating two RCTs was initiated to clarify the efficacy of milder multidomain interventions in different settings and populations in Japan.
  - ➔ Development of a mechanism through which a sustainable dementia prevention service may be made widely available to those in need.

### Innovation

- ✓ A multimodal intervention program targeting modifiable risk factors.
- ✓ Blood-based biomarker, omics and brain imaging analyses.
- ✓ Collaboration with private companies.

### Impact

- ✓ Establish a new program preventing dementia that does not rely on drugs.
- ✓ Clarifying the mechanism of cognitive improvement and decline.
- ✓ Creation of new services and manuals for ideal services.