

and the risk of dementia in the elderly. *J Neuropathol Exp Neurol* 1995; 54: 1011-1016.

**E**pidemiological studies have shown that the risk of dementia in the elderly is increased in those with a history of stroke, hypertension, diabetes, and cardiovascular disease.

These findings support the hypothesis that vascular risk factors contribute to the development of dementia. In addition, the presence of vascular risk factors has been associated with cognitive impairment in the absence of dementia, suggesting that vascular risk factors may contribute to cognitive decline in the elderly.

The relationship between vascular risk factors and cognitive decline in the elderly is complex and not fully understood.

It is likely that vascular risk factors contribute to cognitive decline through a variety of mechanisms, including:

1. **E**levated blood pressure, which can lead to cerebral hemorrhage and infarction, and can also contribute to cognitive decline through other mechanisms.

2. **H**yperglycemia, which can lead to cognitive impairment through a variety of mechanisms, including:

3. **D**iabetes, which can lead to cognitive impairment through a variety of mechanisms, including:

4. **C**ardiovascular disease, which can lead to cognitive impairment through a variety of mechanisms, including:

5. **A**lcohol abuse, which can lead to cognitive impairment through a variety of mechanisms, including:

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