

## REVIEW ARTICLE

# A literature review on non-pharmacological intervention and risk factors for mild cognitive impairment

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## ABSTRACT

Mild cognitive impairment (MCI) is regarded as an intermediate phase between normal aging and dementia; a higher percentage of people in this phase advance to Alzheimer's disease (AD) than of those with normal cognition. There is currently no cure for Alzheimer's disease, but there are pharmacological and non-pharmacological interventions that can help delay the condition's development. In regard to the application of non-pharmacological intervention, habitual exercise, eating anti-inflammatory foods or foods high in vitamin e antioxidants and social participation are recognized as a protective factor in MCI and AD. Although non-pharmacological interventions are effective for MCI in community-dwelling elderly, comparison of the between non-pharmacological interventions has to our knowledge not done enough.

In this study, we reviewed about risk factors in AD, and also we considered about most effective non-pharmacological strategies in MCI. Physical therapy has been shown to improve cognitive function in patients with MCI and AD. Not only physical therapy also cognitive rehabilitation, food therapy or emotional therapy possibility can be improved cognitive function as well as QOL. There is effective that combined physical therapy and complementary therapy helps cognitive function. Further studies are needed to confirm its effectiveness in community-dwelling elderly with MCI.

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