A/Prof Christopher Chen delivers a lecture at James Galloway Memorial 2017 entitled The Brain-Heart Connection: Revisiting Sydenham’s Adage that “A Man is as Old as His Arteries” on 22 July 2017.

Cardiovascular diseases (CVD) are linked to cognitive deficits. However, by the time CVD become clinically apparent, significant cerebral damage may have occurred. Hence blood biomarkers of CVD are of interest due to up-regulation in the early phases of CVD.

Recent advances in MRI have allowed in-vivo detection of cortical cerebral microinfarcts (CMIs), a novel marker of cerebrovascular diseases with a major role in cognitive impairment and dementia. We have shown that both biomarkers of subclinical CVD and clinically manifest CVD were associated with CMIs.

Hence, CVD should be targeted as a potentially modifiable factor to prevent cognitive impairment and dementia.