eHealth in cardiovascular risk management to prevent cognitive decline

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Cardiovascular diseases and dementia are diseases that have a major impact on our society. These diseases share a number of risk factors, including hypertension, hypercholesterolemia, smoking, diabetes mellitus, obesity and physical inactivity. One can imagine that even a small improvement in cardiovascular risk factor management in a large number of people can lead to a substantial beneficial effect on overall incident cardiovascular disease and maybe even postpone or prevent dementia. We can use eHealth to optimise cardiovascular risk management by developing internet interventions that focus on prevention. eHealth can also play an important role in improving research purposes. You can easily reach a wide audience, perform remote repeated measurements and provide patient-centred care at lower costs.

The aim of this thesis is to provide insight in the possibilities of cardiovascular prevention via eHealth and mHealth, and to show different aspects of cognitive functioning: assessing, predicting and preventing cognitive decline.

Susan Jongstra, 2017
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Susan Jongstra
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