Action for loss of weight: Intervention in a Memory Clinic.

Hanne Sørensen¹, Oda Jakobsen¹, Hanne Naomi Wakabayashi¹, Annette Lauridsen¹, Lene Iben Hvidkjaer¹, Christina Vangsted Hansen¹, Lis Christoffersen¹, Steen Gregers Hasselbalch¹,

¹Copenhagen University Hospital, Rigshospitalet, Copenhagen, Denmark.

**Aim**: To investigate the possible association between loss of weight, nutrition and quality of life in a Memory Clinic population. **Method**: All patients newly diagnosed with Alzheimer disease and Lewy Body Dementia, who have a caregiver and an unintended loss of weight, are consecutively included in the study. All patients have a nurse consultation 3 weeks after diagnosis, where the Body Mass Index (BMI) will be calculated and they have a personal interview regarding the daily nutrition in order to increase calories and vitamins. A recommendation of a diet for each patient is made, and they receive a written guideline. After consent from the patient and caregiver, Mini-Mental Status Examination (MMSE), Functional Activities Questionnaire (FAQ) and a score for Quality of life (EQ-5D-5L) are performed at baseline and at a follow-up visit 9 months later, where also BMI is controlled. Patients are included until June 2014. **Results**: The preliminary results show that unintended loss of weight is frequently observed, when a close caregiver is not present. **Discussion**: Weight loss is a prominent risk factor for progression of a dementia disease, and designing an efficient way to reduce this factor may be an important tool in dementia management.