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Idiopathic normal pressure hydrocephalus

All patients with [idiopathic normal pressure hydrocephalus](#) (INPH) who underwent [shunting](#) in [Sweden](#) in 2008-2010 were compared to age- and sex-matched population-based controls. Inclusion criteria were age 60-85 years and no [dementia](#). The 10 most important [vascular risk factor](#) (VRFs) and cerebrovascular and peripheral vascular disease were prospectively assessed using blood samples, clinical examinations, and standardized questionnaires. Assessed VRFs were [hypertension](#), [hyperlipidemia](#), [diabetes](#), [obesity](#), psychosocial factors, [smoking](#) habits, [diet](#), [alcohol](#) intake, cardiac disease, and physical activity.

In total, 176 patients with INPH and 368 controls participated. Multivariable logistic regression analysis indicated that hyperlipidemia (odds ratio [OR] 2.380; 95% confidence interval [CI] 1.434-3.950), diabetes (OR 2.169; 95% CI 1.195-3.938), obesity (OR 5.428; 95% CI 2.502-11.772), and psychosocial factors (OR 5.343; 95% CI 3.219-8.868) were independently associated with INPH. Hypertension, physical inactivity, and cerebrovascular and peripheral vascular disease were also overrepresented in INPH. Moderate alcohol intake and physical activity were overrepresented among the controls. The population-attributable risk percentage was 24%.

The findings confirm that patients with INPH have more VRFs and lack the protective factors present in the general population. Almost 25% of cases of INPH may be explained by VRFs. This suggests that INPH may be a subtype of [vascular dementia](#). Targeted interventions against modifiable VRFs are likely to have beneficial effects on INPH ¹⁾.

1)

Israelsson H, Carlberg B, Wikkelsö C, Laurell K, Kahlon B, Leijon G, Eklund A, Malm J. Vascular risk factors in INPH: A prospective case-control study (the INPH-CRasH study). *Neurology*. 2017 Jan 6. pii: 10.1212/WNL.0000000000003583. doi: 10.1212/WNL.0000000000003583. [Epub ahead of print] PubMed PMID: 28062721.

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