

BETULA PROJECT

This project is a prospective cohort study involving a total of 4,000 subjects whose ages were 35 to 80 years when first tested. Subjects take part in extensive health and memory examinations, and interviews about social factors. The memory testing covers a wide range of memory functions. The chief objectives of the study are to (a) examine the development of health and memory in adulthood and old age, (b) determine early preclinical signs of dementia, (c) determine risk factors for dementia, and (d) assess premorbid memory function in subjects who are in accidents or acquire diseases during the course of the study.

Listing of study variables & measurement of variables

Health:

- height and weight
- vision and hearing
- biceps circumference
- triceps skinfold
- blood sample testing:
 - a) oblood glucose
 - b) ovitamin B12
 - c) oserum calcium levels
 - d) oblood folate
 - e) osedimentation rate
 - f) oT4/TSH
 - g) oprealbumin
 - h) oliver status and gall status
 - i) oelfores
 - j) ocholesterol
 - k) ocortisol
- blood pressure and heart rate
- interview about health status
- questionnaire about social and economical issues
- questionnaire about critical life events

Memory:

- recognition of faces
- recognition of names
- word stem completion
- priming
- word fluency
- block design
- recognition of nouns
- cued recall of nouns
- source recall
- focused and divided attention
- memory of activities
- prospective memory
- word comprehension
- recall of newly acquired facts
- recall of general knowledge
- mini-mental state examination