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Welcome



The Kristine Yaffe Lab focuses on the epidemiology of cognitive function and dementia in aging populations throughout the United States. The lab aims to improve the outlook of cognitive aging by conducting research focused on identifying risk factors for cognitive impairment, understanding the mechanisms that contribute to cognitive decline, and determining effective strategies to prevent and treat cognitive disorders in older adults. This is particularly important in a population where the lifetime risk of dementia ranges from 20% for men to 33% for women, with even higher lifetime risks for milder forms of cognitive impairment.

Studies from the lab have led to numerous publications that have increased our understanding of cognitive aging and decline. Results have shown an association between several health and lifestyle related factors and cognitive function, including associations with cardiovascular and metabolic risk factors, kidney function, physical activity, sleep disturbances, depression, and neuropsychological disorders including post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). Some of the biomarkers that have been studied include inflammatory markers, plasma beta amyloid, markers of cardiovascular health, measures of oxidative stress, structural brain MRI measures, and genetic markers of risk. More information regarding these and other studies can be found on the [Research and Publication](#) pages.

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