

## **Cognitive and Brain Reserve in Middle-aged and Elderly Persons**

### A population-based approach

#### **This thesis**

- 1 Smoking is the most important risk factor for a lower cognitive reserve.
- 2 Higher cognitive and brain reserve protect against dementia, early mortality and late-life depression.
- 3 There should be a more holistic perspective to healthy aging, in which at least cognitive reserve and physical frailty are taken into consideration together.
- 4 Traumatic brain injury leads to long-term subjective memory complaints in mid-life.
- 5 The residual method is a more appropriate proxy for cognitive reserve than educational attainment, even though both remain imperfect.

#### **Beyond this thesis**

- 6 Obtaining a PhD degree increases your cognitive reserve.
- 7 The medical curriculum should include more courses in statistics and epidemiology.
- 8 Medical specialists with a PhD degree are important for the quality of health care, but a PhD degree should not be a requirement for becoming a medical specialist.
- 9 Now that childbirth leave has been improved (25-29 weeks for mothers and 15 for their partner), it is also time for an appropriate leave in an event of death (currently 4 days).
- 10 Getting rid of a delusion makes us wiser than getting hold of a truth. – Ludwig Borne, 1840
- 11 The best is the enemy of good. – Voltaire, 1772