

ASCEND: DEMENTIA

(Effects Of Aspirin On Dementia And Cognitive Impairment In the ASCEND Trial)

Purpose: To assess whether aspirin 100mg daily affects risk of dementia or cognitive function in adults with diabetes.

Trial Design: Randomized trial of aspirin vs placebo in 15,480 patients for 7.4 years with 1.8 years of additional follow-up, and linkage of >99% of participants to electronic health records.

Primary Endpoints: Incident dementia using broad definition (including dementia, confusion, cognitive impairment, referral to memory clinic or geriatric psychiatry).

Secondary Endpoints: Narrow dementia (dementia report).

Key Takeaways for the Clinician: No significant impact of aspirin on dementia risk or cognitive function. But confidence intervals include possible modest benefit and exclude major harms.

RESULTS	Aspirin (n=7714)	Placebo (n=7713)	HR (95%CI)	P
Primary Endpoint				
Broad dementia outcome	548 (7.1%)	598 (7.8%)	HR 0.91 (0.81-1.02)	NS
Secondary Endpoint				
Narrow dementia outcome	254 (3.3%)	283 (3.7%)	HR 0.89 (0.75-1.06)	NS
Results: No statistically significant effect on dementia outcomes. Results excluded proportional harms >2% and benefits of >1.				

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Results reflect the data available at the time of presentation.