



## Subjective cognitive impairment around retirement: data from the french GAZEL study

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### Rationale

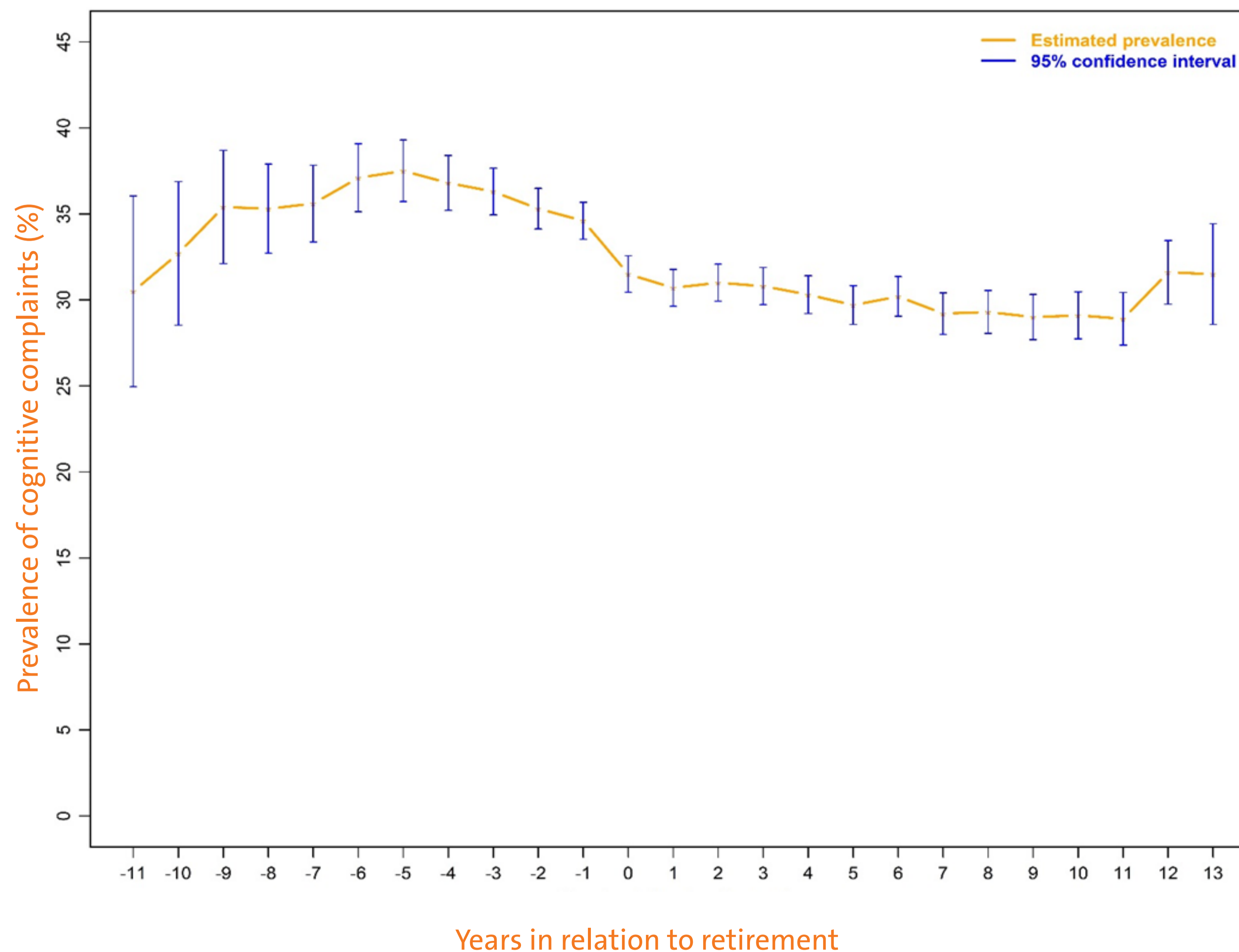
Subjective Cognitive Impairment (SCI) are everyday memory and related cognitive concerns. SCI is associated with several unfavorable outcomes, such as increased mortality and dementia risk and worsened quality of life. SCI is common among middle-aged workers and increases with age.

### Aims

To verify the impact of the cessation of work on the prevalence of SCI.

### Methods

7,202 participants to the French GAZEL Study, who have retired during follow up and had at least two SCI measurements, one before and one after retirement. Subjects were followed prospectively up to 11 years before and 13 years after retirement. Prevalence rates of SCI before and after retirement were estimated using Generalized Estimating Equation models.



### Results

Overall, SCI decreased after retirement. In particular, between 11 and 5 years before retirement the estimated prevalence of SCI increased from 31% (95% CI 25-37) to 38% (95% CI 36-39). Five years before retirement the estimated prevalence of SCI started to decrease and reached the initial value of 31% (95% CI 28-33) one year after retirement. After retirement, SCI prevalence appeared stable, notwithstanding the increasingly older age of the participants. Only 12 years after retirement, a slight increase in SCI prevalence to 33% (95% CI 29-34) was observed again, still not reaching pre-retirement levels.

### Conclusions

These findings suggest that self-perceived cognitive concerns are relieved by retirement and that this improvement lasts for several years after the cessation of work. As prevalence of self-perceived cognitive concerns starts decreasing a few years before retirement, it is possible that the perspective of work cessation can in itself contribute to reduce self-perceived cognitive concerns.

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