

# Dementia

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## Covid-19

[Coronavirus \(COVID-19\): living with dementia in care homes](#) Guidance on supporting people to remain safe during periods of isolation.

[COVID-19 Associated with Long-Term Cognitive Dysfunction, Acceleration of Alzheimer's Symptoms](#) Much has been learned about SARS-CoV-2 since the beginning of the pandemic. However, questions remain about the long-term impact of the virus on our bodies and brains. New research reported at the [Alzheimer's Association International Conference 2021](#) found associations between COVID-19 and persistent cognitive deficits, including the acceleration of Alzheimer's disease pathology and symptoms.

## Studies

[Cleaning Up the Air Could Help Prevent Alzheimer's](#) A trio of new studies finds that air quality appears linked to a risk of thinking declines and dementia, and bad air might even promote toxic brain proteins that are a hallmark of Alzheimer's disease.

[Difficulty hearing speech could be a risk factor for dementia](#) A study conducted at the University of Oxford investigated the 'cocktail party problem'. The cocktail party problem is the challenge people have focusing on a single speaker or conversation in a noisy environment.

[Blood cholesterol and risk of dementia in more than 1.8 million people over two decades: a retrospective cohort study](#) LDL cholesterol measured in mid-life (<65 years) is modestly associated with dementia risk more than 10 years later. LDL cholesterol should be added to the list of modifiable risk factors for dementia.

## Cochrane Reviews

[Diagnostic test accuracy of telehealth assessment for dementia and mild cognitive impairment](#) The data suggest that telehealth assessment may be highly sensitive and specific for the diagnosis of all-cause dementia when assessed against a reference standard of conventional face-to-face assessment, but the estimates are imprecise due to small sample sizes and between-study heterogeneity, and may apply mainly to telehealth models which incorporate a considerable amount of face-to-face contact with healthcare professionals other than the doctor responsible for making the diagnosis.

[Mini-Mental State Examination \(MMSE\) for the early detection of dementia in people with mild cognitive impairment \(MCI\)](#) This review did not find evidence supporting a substantial role of MMSE as a stand-alone single-administration test in the identification of MCI patients who could develop dementia. An important aspect to assess in future updates is if conversion to dementia from MCI stages could be predicted better by MMSE changes over time instead of single measurements.

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## News

[Life Sciences Vision: UK government to accelerate the pace of studies into novel dementia treatments](#) The UK Dementia Research Institute applauds the government's new [Life Sciences Vision](#) and the role that life sciences research will play in the future of the UK. In the Vision, dementia is highlighted as the leading cause of death in the UK, with an economic cost of over £25bn per annum, set to grow with ageing populations across the world.

[Alzheimer's Drug Discovery Foundation Investment Boosts Search for Digital Biomarkers for Early Alzheimer's](#) The Alzheimer's Drug Discovery Foundation, a U.S.- based venture philanthropy, has announced up to \$2 million of funding for a collaborative research initiative led by UK charity Alzheimer's Research UK that aims to develop a digital Toolkit of apps and wearables to detect the very earliest stage of Alzheimer's.

[Addressing Diversity in Alzheimer's Clinical Trials](#) A significant hurdle in developing therapeutics and care models for Alzheimer's disease that work for people of all ethnic and racial backgrounds is the recruitment and retention of traditionally underrepresented groups in clinical trials. A new online tool has been launched to help increase awareness and participation in clinical trials on Alzheimer's disease and related dementias. Called [Outreach Pro](#) (V1.0), the tool allows researchers, clinicians, clinical trial administrators and staff to create and customise outreach materials.

[New Research Reveals Cognition Disparities Among Transgender and Non-Binary Adults](#) Transgender adults — individuals who identify with a gender different than the one assigned to them at birth — are nearly twice as likely to report Subjective Cognitive Decline (SCD) and more than twice as likely to report SCD-related functional limitations, such as reduced ability to work, volunteer or be social.

[Global Dementia Cases Forecast to Triple by 2050](#) Positive trends in global education access are expected to decrease dementia prevalence worldwide by 6.2 million cases by the year 2050. Meanwhile, anticipated trends in smoking, high body mass index and high blood sugar are predicted to increase prevalence by nearly the same number: 6.8 million cases. Both according to new global prevalence data reported at the [Alzheimer's Association International Conference® \(AAIC®\) 2021](#).

## Advice

[Food and Eating](#) As a person's cognitive function declines, he or she may become overwhelmed with too many food choices, forget to eat or have difficulty using utensils. For a person living with Alzheimer's or another dementia, poor nutrition may increase behavioural symptoms and cause weight loss.

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## Cochrane Clinical Answer

[For people without prior cerebrovascular disease, does pharmacological treatment of hypertension prevent cognitive impairment and dementia?](#) For

people without prior cerebrovascular disease, low-certainty evidence suggests that pharmacological treatment of hypertension may reduce systolic and diastolic blood pressure, but very low-certainty evidence seems to suggest little to no difference between groups in the incidence of dementia and in mean changes in cognitive scores. Results for quality of life, adverse effects, and withdrawals due to adverse effects are inconsistent across trials.

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