

elderly vascular geriatrics
Alzheimer's environment
cognition early onset
fronto-temporal research
memory old age
dementia
support
lewy bodies



NHS
Mersey Care
NHS Foundation Trust

Community and Mental Health Services

28 July 2022

Systematic Review

[The effects of exercise programs on cognition, activities of daily living, and neuropsychiatric symptoms in community-dwelling people with dementia—a systematic review](#)

Eight publications covering seven trials were included in this review with the majority investigating either a combination of strength and aerobic exercise or aerobic exercise alone. This review revealed that there is no clear evidence for the beneficial effects of exercise on cognition. None of the included trials found an impact on activities of daily living. Although different randomized controlled trials reported inconsistent results, one trial indicated that especially aerobic exercise may improve neuropsychiatric symptoms.

Cochrane Review

[Antithrombotic therapy to prevent cognitive decline in people with small vessel disease on neuroimaging but without dementia](#)

We found no convincing evidence to suggest any clinically relevant cognitive benefit of using antithrombotic therapy in addition to standard treatment in people with cerebral small vessel disease but without dementia, but there may be an increased bleeding risk with this approach. There was marked heterogeneity across the trials and the certainty of the evidence was generally poor.

Studies

[Applying the Bradford Hill Criteria for Causation to Repetitive Head Impacts and Chronic Traumatic Encephalopathy](#)

New research claims to have found "conclusive evidence" that repetitive head impacts can cause degenerative brain disease, with leading sports organisations urged to acknowledge the analysis by world-leading experts.

[Nonalcoholic Fatty Liver Disease and Risk of Dementia: A Population-Based Cohort Study](#)

Researchers from Sweden have found that people with non-alcoholic fatty liver disease had an increased risk of dementia. For people with this form of liver disease who also have heart disease or have had a stroke, their risk of developing dementia is even higher.

[Associations between moderate alcohol consumption, brain iron, and cognition in UK Biobank participants: Observational and mendelian randomization analyses](#)

Consumption of seven or more units of alcohol per week is associated with higher iron levels in the brain. Iron accumulation in the brain has been linked with Alzheimer's and Parkinson's diseases and is a potential mechanism for alcohol-related cognitive decline.



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Guidance

[A guide to integrated care systems](#)

You may have heard about the new integrated care systems in England – but what are they, and what might they mean for health and social care and support for families affected by dementia?

Report

[Air pollution: cognitive decline and dementia](#)

Committee on the Medical Effects of Air Pollutants (COMEAP) reviewed nearly 70 studies in human populations (epidemiological studies) which looked at possible links between air pollution and a decline in mental ability and dementia in older people. They also considered studies which investigated how air pollution might affect the brain. From this review, it can be concluded that it is likely that air pollution does contribute to these effects. The most likely way this occurs is through effects on the circulation. It is known that air pollutants, particularly small particles, can affect the heart and blood vessels, including to the brain.

Strategy

[First Women's Health Strategy for England sets welcomed ambition for dementia](#)

Alzheimer's Research UK welcomes the publication of the first ever government-led [Women's Health Strategy for England](#), following the charity's calls for action to tackle dementia's disproportionate impact on women. The Strategy, which sets ambitions to tackle deep rooted, systemic issues within the health and care system to improve the health and wellbeing of women, commits to improving the number of women participating in dementia research, and growing awareness of dementia risk factors that may help reduce the number of women living with dementia in the future.

Journal

[Free access to latest issue of Journal of Dementia Care](#)

Articles include:

- Curing the dementia care system: Global investment is urgently needed to improve care for people living with dementia
- How to support people living with dementia at an Exploratory level
- Working together to create online support for LGBTQ+ people affected by dementia
- A case study to analyse the impact of art sessions on the well-being and cognition of an individual diagnosed with established Alzheimer's disease