

Studies

[HRT 'potentially important' in reducing women's dementia risk](#)

Hormone replacement therapy may help prevent Alzheimer's disease in millions of women at risk of developing the condition, research suggests. A team of researchers from the University of East Anglia (UEA) and the University of Edinburgh have found evidence of the "potential importance" of hormone replacement therapy (HRT) in reducing the risk of Alzheimer's disease in women carrying the APOE4 gene. The study was published in the [Alzheimer's Research & Therapy journal](#).

[Gene expression dampened in synapses to protect against cognitive decline](#)

A new study, led by Prof Tara Spire-Jones and Dr Declan King (UK DRI at Edinburgh), has identified molecular changes in the brain associated with maintaining healthy cognitive abilities in old age. The study, [published in the journal Alzheimer's & Dementia](#), could provide a new therapeutic approach to improving cognition in people with Alzheimer's disease.

Webinars

[Virtually: Anything is possible](#)

Webinar about how virtual reality could enhance your life when living with dementia? Join the panel who will be sharing their experiences and journey so far in the virtual world. 31 January, 2pm.

[Changing perceptions of diagnosis](#)

This webinar at 12.30-1.30pm on Wednesday 8th February 2023 will be led by Dr Susan Mitchell, Head of Policy at Alzheimer's Research UK, alongside a panel of experts. We will consider how the preferences of people living with dementia, a shifting political landscape and advances in research and drug discovery can help the dementia diagnosis pathway evolve. Recent research will be presented which suggests a disconnect between what people at risk of developing or living with dementia want, and what their healthcare professionals think they want. The panel will discuss how we can reconcile patient preferences and clinical perceptions and close the gap.

[Questions about dementia and brain health? Ask the expert!](#)

The public are invited to a webinar to ask questions of a leading expert about the latest research into dementia, memory and brain health. Dr Vanessa Raymont, University of Oxford Senior Clinical Researcher and R&D Director at Oxford Health NHS Foundation Trust will take questions in an 'ask the expert' event on Wednesday 15 February from 7pm to 7.45pm.

[Young onset dementia – improving the diagnosis process for people with atypical symptoms](#)

Our webinar on Wednesday 15th March 2023 will be led by Rare Dementia Support and will focus on how we can improve the diagnosis process for people who present with atypical symptoms.

News

[Brits failing to look after our brains, as more than 9 out of 10 of us could be doing more](#)

Alzheimer's Research UK launches personalised brain health 'Check-in' to empower people to reduce their dementia risk. The [Think Brain Health Check-in](#) is a free new digital tool that prompts people to answer a series of evidence-based questions about the factors that research has shown could be influencing their brain health.