

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



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22 March 2023

Studies

[Footballers 50% more likely to develop dementia, study finds](#)

Footballers are 50% more likely to develop dementia than the rest of the population, a study has found, fuelling calls to restrict rules around heading the ball in football. Researchers from the Karolinska Institutet in Sweden, published in the [Lancet Public Health journal](#) today, compared the health records of 6,000 elite footballers and more than 56,000 non-footballers between 1924 and 2019. They found that among male footballers playing in the Swedish top division, 9% were diagnosed with neurodegenerative disease, compared with 6% of the control sample.

[Mediterranean diet may lower dementia risk by a quarter, study suggests](#)

A Mediterranean diet of nuts, seafood, whole grains and vegetables could lower the risk of dementia by almost a quarter, according to [promising early research](#) that could pave the way for new preventive treatments.

[Personally tailored activities for improving psychosocial outcomes for people with dementia in long-term care](#)

We concluded that offering activity sessions to people with moderate or severe dementia living in care homes may help to manage agitation.

Cochrane Clinical Answer

[For people with mild to moderate dementia, what are the effects of cognitive stimulation?](#)

High-certainty evidence shows that for people with mild to moderate dementia, cognitive stimulation (using reality orientation, a treatment manual, or different protocols involving concentration and memory) results in a moderate improvement in communication and social interaction and a marginal increase in instrumental activities of daily living at median 10 weeks follow-up when compared with control. However, cognitive stimulation does not impact on mood (self-reported), although this analysis may have been underpowered. Moderate-certainty evidence shows there is likely a small increase in cognition and a small increase in quality of life with cognitive stimulation, with little to no effect on behavior that challenges. Low-certainty evidence suggests there may be small increases in mood (interviewer/staff-rated).

Report

[Alzheimer's Facts and Figures Report](#)

The new Alzheimer's Association 2023 Alzheimer's Disease Facts and Figures report provides an in-depth look at the latest national and state-by-state statistics on Alzheimer's disease prevalence, mortality, caregiving and costs of care. The accompanying special report, The Patient Journey in an Era of New Treatments, offers insights on how individuals with memory concerns and their doctors are not discussing the issue, missing a critical first step toward diagnosis and potential treatment.

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Resources

[Diagnosis experience checklists](#)

These checklists have been created using the recommendations from The Angela Project, the largest study of young onset dementia carried out in the UK. They are designed to help improve the experience of diagnosis. One diagnosis experience checklist is for use by people who may have young onset dementia and their family members. It sets out the experience a person should expect during the process of assessment and diagnosis and what to do if the level of care does not meet these expectations. The other checklist is for healthcare professionals who are involved in the process of assessing and diagnosing dementia to help them to better understand the needs of younger people going through this process.

Online Course

[Talking Sense Online](#)

The Talking Sense free online course explores the effects of ageing and dementia on the senses. Informed by Agnes Houston's research and book, 'Talking Sense: Living with sensory changes and dementia', the course covers changes to vision, hearing, balance, touch, taste and smell. The course is designed for people living with dementia, care partners and support workers. You can access the course [here](#).

Webinar

[Improving diagnosis - atypical symptoms](#)

Our webinar in March 2023 was led by Nikki Zimmermann, Direct Support Lead at Rare Dementia Support alongside Dr Natalie Ryan, Consultant Neurologist. It focused on why specialist interventions and assessments are needed when young people present with non-memory led dementias. Julie, who is living with posterior cortical atrophy, also shared her views. You can watch the recording [here](#).

News

[Sector leaders to drive progress on national Dame Barbara Windsor Mission to beat dementia](#)

The UK Government has named two leaders in dementia research to spearhead the ambitious national Mission to tackle dementia, which was launched in memory of the late Dame Barbara Windsor. Hilary Evans is the Chief Executive of Alzheimer's Research UK, the largest charitable funder of dementia research in Europe. Nadeem Sarwar is currently a senior leader at Eisai, one of the world's leading pharmaceutical companies. Together, they will convene industry, the NHS, academia and families living with dementia, to tackle this devastating illness.

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