

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



NHS
Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Study

[Investigating the impact of music therapy on two in-patient psychiatric wards for people living with dementia: retrospective observational study](#)

We identified a significant reduction in the occurrence of distress behaviours on days with in-person music therapy when compared with no music therapy. Music therapy was reported to be a valuable intervention, supporting patient mood and reducing agitation. Interventional studies are needed to investigate the impact of music therapy and its optimum mode of delivery.

Strategy

[Dementia strategy - national conversation: what people told us](#)

High-level summary of the collective written and oral evidence we received on our national conversation to inform a new dementia strategy. It outlines the range of responses received, as well as the evidence-based rigour we brought to this analysis through using thematic analysis techniques.

Online Course

[Understanding Traumatic Brain Injury \(TBI\) MOOC](#)

Free online course. Opens 27 March 2023.

The Understanding Traumatic Brain Injury (TBI) MOOC (Massive Open Online Course) was developed by the Wicking Dementia Research and Education Centre based in the College of Health and Medicine at the University of Tasmania, with support from Connectivity. This online course is free, easily accessible and available to everyone with an interest in TBI, neuroscience or brain health.

Conference

[Faiths and Dementia '23](#)

A major conference exploring how all faiths can support people affected by dementia. 17 May 2023, Liverpool.

News

[No Smoking Day: Smokers unaware that quitting smoking will reduce risk of dementia](#)

Smokers are being urged to give quitting a go ahead of No Smoking Day (8th March), as research shows those who smoke are more likely to develop dementia. Smoking raises the risk of developing dementia, particularly Alzheimer's disease and vascular dementia, as it harms the vascular system (heart and blood vessels) and the brain. Studies also suggest that quitting smoking reduces this risk substantially, and smoking has been identified as one of twelve risk factors that if eliminated entirely, could collectively prevent or delay up to 40% of dementia cases.

[21 Genes Could Link Mid-Life Obesity & Alzheimer's Risk](#)

Results of a new study published in Alzheimer's & Dementia®: The Journal of the Alzheimer's Association link obesity with 21 Alzheimer's disease-related genes, which may explain why Alzheimer's often develops more frequently among adults who experience obesity in midlife. Scientists found that 13 Alzheimer's-related genes were associated with body mass index (BMI), an estimate of body fat based on height and weight, and eight genes were associated with waist-to-hip ratio.

[Seven healthy habits may help cut dementia risk, study says](#)

Seven healthy habits and lifestyle factors may play a role in reducing the risk of dementia, according to a two decade-long study. Being active, eating a better diet, maintaining a healthy weight, not smoking, keeping normal blood pressure, controlling cholesterol and having low blood sugar in middle age may all lower the chances of developing conditions such as Alzheimer's disease later in life, research suggests.