



Community and Mental Health Services

1 June 2023

## Study

Genetic Associations Between Modifiable Risk Factors and Alzheimer Disease

These findings suggest that genetically determined increased high-density lipoprotein cholesterol and systolic blood pressure may be involved in AD pathogenesis, which may thus inspire new drug targeting and improved early dementia prevention.

#### Consultation

Major conditions strategy: call for evidence

We're seeking your views and ideas on how to prevent, diagnose, treat and manage the 6 major groups of health conditions that most affect the population in England. These are:

- cancers
- cardiovascular disease, including stroke and diabetes
- chronic respiratory diseases
- dementia
- mental ill health
- musculoskeletal disorders

The views and ideas gathered will inform the priorities and actions in the major conditions strategy.

Easy read guide.

## Strategy

Everyone's Story - The new Dementia Strategy for Scotland

The new Dementia <u>Strategy</u> for Scotland has been described as a 'vision for change' over the next ten years. The strategy represents experiences and aspirations. At the heart will be that the voices of people with dementia are central to the vision and will continue to be actively involved as partners through the lived experience panel.

## **Online Training**

'Understanding dementia better' online training course

Dementia Adventure is offering a free online training course for family members and friends who support someone with dementia. Various dates are available to book in June and July 2023. Find out more here.

















Community and Mental Health Services

1 June 2023

#### News

#### <u>Ultraprocessed foods may speed cognitive decline</u>

Ultraprocessed foods such as cereal bars, hot dogs and instant noodles are convenient and taste good, making it easy for busy people to eat on the go. But lurking underneath that colorful packaging are substances that may damage your brain.

#### Lower intake of flavanols linked to age-related memory loss, suggests new study

Proceedings of the National Academy of Sciences: Dietary flavanols restore hippocampal-dependent memory in older adults with lower diet quality and lower habitual flavanol consumption People who consume fewer plant-based chemical substances, called flavanols, as part of their diet may be more likely to experience age-related memory decline, suggests a new study.

## Major project to understand gene activity will unlock crucial knowledge of vascular dementia

A major new UK DRI project to develop an 'atlas' of the gene activity in the blood vessels of the brain is set to transform understanding of vascular dementia. Combining this map with genetic studies, the project will address a critical knowledge gap by identifying which genes influence our risk of vascular dementia, and how their effects manifest.

# New research explores how tracking sleep with an innovative sensor may help diagnose dementia

Researchers from the UK DRI, Imperial College London, UCL and Newcastle University are collaborating in a major new project to develop a technology that could help identify people at risk of developing dementia by analysing their sleep patterns.









