

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



**NHS**  
Mersey Care  
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Community and Mental Health Services

20 October 2023

## Systematic Review

[The role of oestrogen therapy in reducing risk of Alzheimer's disease: systematic review](#)

Twenty-four studies satisfied the search criteria (four RCTs, nine cohort studies, 11 case-control studies). Fifteen studies showed positive associations for oestrogen-only therapy reducing the risk of Alzheimer's disease, and the remaining nine found no evidence of association.

## Studies

[Dementia risk factors pose more danger for ethnic minorities, finds study](#)

The most common risk factors for dementia appear to have a more pronounced effect in black and Asian people, a study suggests, prompting calls for greater efforts to tackle health inequalities. Conditions such as diabetes and obesity are said to magnify risk of south Asian and black people developing the disease. The study is published in the journal [Plos One](#).

[New type of deep brain stimulation could help improve memory loss in people with Alzheimer's](#)

Scientists from Imperial College London and the University of Surrey have successfully trialed a new form of deep brain stimulation, which could in the future help improve symptoms of memory loss for people with Alzheimer's. The [study](#) published in Nature Neuroscience, uses a technique known as temporal interference (TI) which can reach a region of the brain called the hippocampus. This region plays an important role in memory and learning.

[New study suggests navigation difficulties could be an early sign of Alzheimer's](#)

Researchers at University College London have identified subtle changes in the way people with early features of Alzheimer's disease navigate through a virtual reality space. In this small [study](#), people were separated into three groups: younger healthy adults, older healthy adults, and adults with mild cognitive impairment (MCI). All three groups were asked to walk along a virtual reality route. The researchers found that the people who experienced difficulties turning were those with MCI but also had underlying signs of early Alzheimer's disease, including elevated levels of Alzheimer's proteins in their spinal fluid.

[Situating support for people living with rarer forms of dementia](#)

The social worlds engaged in supportive action with people living with rare dementia are less visible within the shadow of a universally constructed dementia support milieu and appear to be negotiated within this powerful arena. However, their evolving organization and discursive constructions point to an emerging new social space for people living with rarer conditions.

[Scientists discover links between Alzheimer's disease and gut microbiota](#)

New research has identified links between gut bacteria, inflammation and brain changes associated with Alzheimer's disease. The study is Published in [Brain](#).



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## Webinar

[Launch of Knowledge is Power England - Online event 2pm Thursday 26th October 2023](#)

'Knowledge is Power England: making life easier after a diagnosis of dementia', is full of information, resources, and support for anyone with dementia and people around them. The booklet will be especially helpful for people newly diagnosed. There will be an online launch event on Zoom on Thursday 26th October 2023, 2.00 – 3.00pm.

## Blog

[Can hearing interventions slow down cognitive decline?](#)

In this blog, Daisy Long and the elf apprentices that took part in the woodland workshop undertook a group critical analysis on Lin, F.R., Pike, J.R., Albert, M.S., Arnold, M., Burgard, S., Chisolm, T. & others (2023) paper on Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multi-centre, randomized controlled trial.

