

## Studies

### [Sleep disturbances and racial-ethnic disparities in 10-year dementia risk among a national sample of older adults in the USA](#)

Sleep disturbances are more frequent among older Black, Hispanic and Asian adults, and should be considered when addressing dementia disparities. Research is needed to explore how certain sleep disturbances may elevate dementia risk across different racial and ethnic subgroups.

### [Public and participant involvement as a pathway to inclusive dementia research](#)

The inclusion of PPI in research should be the standard. Substantial investments in resources, relationship building, funding, and time to cultivate is required. Our shared goal for ADRD research is best captured by the perspective of a community member co-author: "We want to see ADRD research accelerate and provide meaningful benefits to their lives, the lives of their loved ones, their children, and their communities. We seek to be seen, valued, and treated always as a person first."

## Webinars

### [Misdiagnosing dementia: findings from a systematic review](#)

This webinar discusses misdiagnosis in dementia and the existing evidence on the topic within the context of inequality. It gives an overview of what inequalities in dementia are, including age, discuss the innovative, awareness-raising Dementia Inequalities Game before specifically focusing on the issue of misdiagnosis as a barrier to receiving dementia care.

### [Driving safely with dementia](#)

Last months Dementia Community webinar 'driving and travelling safely with dementia.

## Report

### [Because we're human too](#)

Care England has responded to the [Alzheimer's Society 'Because We're Human Too' report](#), which has revealed while the number of people with dementia continues to rise, the level of specialist training among care staff has not kept pace with this increasing demand.

## Blog

### [Internet use is now a vital part of daily life for many older adults](#)

Many older adults use the internet and methods of assessing their daily activities should reflect this, new research involving 2,500 Join Dementia Research participants has found.

## News

### [Angela Rippon CBE backs charity's call to make dementia training mandatory](#)

Alzheimer's Society says it's alarming that nearly two thirds of care workers have not received any dementia training, and a long-term social care workforce strategy is needed.

### [The brain microbiome: could understanding it help prevent dementia?](#)

Long thought to be sterile, our brains are now believed to harbour all sorts of micro-organisms, from bacteria to fungi. How big a part do they play in Alzheimer's and similar diseases?

### [Physical fitness can lower risk of dementia, research finds](#)

Regular exercise can delay dementia onset by 18 months, says study in British Journal of Sports Medicine.

### [Are cancer survivors less likely to develop Alzheimer's?](#)

Research shows that patients with a history of cancer are less likely to develop dementia and those with Alzheimer's are less likely to develop cancer. Understanding this relationship, say scientists, could lead to new treatments.

### [Landmark genetics partnership to probe causes of cancer and dementia](#)

The root causes of diseases like cancer, dementia and heart disease are set to be better understood thanks to the development of a world-first 'epigenetic map' of the human genome – which could lead to breakthroughs in new diagnoses and treatments. This new resource for medical researchers will be created thanks to the government's new strategic partnership with Oxford Nanopore Technologies, UK Biobank, NHS England and Genomics England.

### [What's it like to get your hearing checked?](#)

Many people are surprised to learn that there is a link between hearing loss and dementia. As a 'potentially modifiable' risk factor for dementia we have some control over, it is important to remain vigilant about your hearing as you get older. This is because hearing aids may reduce the risk of cognitive decline linked to hearing loss according to research.

### [Looking back on a big year for dementia research](#)

This December, Alzheimer's Research UK be joined by three amazing people to look back through key dementia research stories of 2024.

### ["Crucial steps towards a cure" – my four take-homes from the Clinical Trials on Alzheimer's Disease \(CTAD\) conference](#)

Director of Research Dr Sheona Scales describes her four highlights from this year's Clinical Trials on Alzheimer's Disease (CTAD) conference in Madrid.

### [Commonly asked questions about delirium, falls and incontinence](#)

Consultant Admiral Nurse for Frailty, Kerry Lyons, answers your questions about delirium, falls and incontinence.

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



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### [Supporting someone with dementia during a hospital stay](#)

Admiral Nurse Tracy Browne shares tips on how to support someone living with dementia during a stay in hospital.

### [Brain shrinkage associated with Alzheimer's therapies shows effectiveness rather than harm](#)

A loss of brain volume associated with new immunotherapies for Alzheimer's disease may be caused by the removal of amyloid plaques, rather than the loss of neurons or brain tissue, finds a study led by UCL researchers.

### [Frailty Can Raise Your Dementia Risk](#)

Even seemingly minor health problems can raise your risk of developing dementia, according to a new report. The study found that older adults who develop multiple age-related health problems or physical limitations tend to become increasingly frail, setting the stage for Alzheimer's disease and other forms of dementia. The good news is that tending to these health problems may help to stave off dementia onset, the researchers say.

### [Weekly Music Cafés begin in Greater Manchester](#)

Manchester Camerata has begun weekly Music Cafés for people living with dementia and their carers in community centres across ten boroughs of Greater Manchester.

### [Extracellular vesicles implicated in crucial role in toxic](#)

New research led by Prof Karen Duff and Dr Stephanie Fowler (UK DRI at UCL), with Dr Benjamin Ryskeldi-Falcon and Tiana Behr (MRC LMB), provides insight into how toxic tau protein could spread through the brain in Alzheimer's, via structures called extracellular vesicles. The study, [published in the journal Nature Neuroscience](#), reveals new biological properties for tau, which could lead to new treatment strategies for Alzheimer's disease.

### [New biomarker test accurately detects brain inflammation in](#)

Scientists, led by Dr Evgeniia Lobanova and Prof Sir David Klenerman (UK DRI at Cambridge), have developed a biomarker to measure inflammation in the brain in Alzheimer's and Parkinson's. The research, [published in Nature Communications](#), could improve early detection of the conditions and help to test new therapies in clinical trials.

