

## Studies

### [Associations of midlife fitness and obesity profiles with cognitive function](#)

In summary, compared to the profile with low fitness levels and highest BMI, distinct profiles of higher and average fitness, and lower BMI, were associated with higher midlife psychomotor-attention and global cognition but not learning memory. Higher CRF and strength, and a healthy weight, appear to be associated with better cognitive functioning and may be important targets, among other lifestyle factors, for preserving midlife cognition.

### [Wrist-worn actigraphy in agitated late-stage dementia patients: A feasibility study on digital inclusion](#)

A high watch-acceptance (96.6%) and compliance rate (88.0%) was noted. Non-compliance was not associated with age or BPSD symptomatology. However, participants with "better" cognitive function ( $R = 0.42$ ,  $p = 0.022$ ) and during nightshift ( $F_{1,240, 33.475} = 8.075$ ,  $p = 0.005$ ) were less compliant. Female participants were also marginally less compliant ( $F_{1, 26} = 3.790$ ,  $p = 0.062$ ).

### [Dementia and mild cognitive impairment screening in an emergency homeless shelter](#)

In a 6-week period, 104 of 112 (92.9%) assessments were positive for dementia or MCI using a standard cutoff of 26, and 81 (72.3%) were positive using a conservative cutoff of 23. There was no significant difference in MoCA scores based on sex or education level, and no significant correlation between age and MoCA score.

### [Causal relationship between dietary salt intake and dementia risk: Mendelian randomization study](#)

The results of this research present strong evidence that established a significant association between dietary salt intake and the likelihood of developing dementia. These findings reinforce the notion that the amount of dietary salt intake plays a crucial role in determining the risk of acquiring this cognitive condition. By establishing a definitive correlation, this study highlights the importance of reducing salt consumption as a preventive measure against dementia.

### [Interaction effect of race-ethnicity and dementia on COVID-19 diagnosis among a national US older adult sample](#)

The interaction between race-ethnicity and dementia should be considered when assessing COVID-19 risk among older adults. Future research is needed to examine pathways through which dementia may interact with race and ethnicity to influence COVID-19 risk.

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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## Article

[Can an effective end-of-life intervention for advanced dementia be viewed as moral?](#)

This article considers whether authorities, including treating physicians, can accept as moral, the effective intervention that ceases caregivers' assistance with oral feeding and hydrating.

## Public Advice

[Young onset dementia - Bite-size guide](#)

Dementia UK has created a 'bite-size guide' about young onset dementia. It includes five top facts written by dementia specialist Admiral Nurses.

## News

[Neurological conditions now leading cause of ill-health worldwide, finds study](#)

Neurological conditions ranging from migraine to stroke, Parkinson's disease and dementia, are now the leading cause of ill-health worldwide, causing 11.1 million deaths in 2021, according to [a study published in the Lancet](#).

[300,000 people took our Brain Health Check-in – here's what we've learned](#)

It's been a year since we launched the [Think Brain Health Check-in](#). This is our online tool to help people explore their brain healthy habits and take action to reduce their risk of dementia. We're thrilled that more than 300,000 people have completed the Check-in and taken the first step on their journey towards better brain health. To mark its one-year anniversary, let's explore the five biggest lessons we've learnt so far.

[Navigating the pressures of being a young carer](#)

Admiral Nurse Lizzie Harrison provides support strategies for young people caring for someone with dementia.

[Reducing brain vascular inflammation could slow Alzheimer's progression](#)

A new study reveals insight into the molecular mechanisms underlying vascular changes associated with early Alzheimer's disease. The work, [published in Nature Communications](#), could lead to new therapeutic targets for the disease.

