

Studies

[Prevalence of loneliness and social isolation among individuals with mild cognitive impairment or dementia: systematic review and meta-analysis](#)

Social isolation, and in particular loneliness, are significant challenges for individuals with MCI and dementia. This knowledge can contribute to supporting successful ageing among such individuals. Future research in regions beyond Asia and Europe are clearly required. In addition, challenges such as chronic loneliness and chronic social isolation should be examined among individuals with MCI or dementia.

[Forecasting stroke and stroke-driven dementia in a rapidly ageing population: a model-based analysis of alternative projection scenarios for Ireland](#)

Understanding future population needs is key for informing stroke service planning. This study aims to evaluate scenarios for future trends in stroke age-specific incidence and case fatality, and estimate their impact on projected stroke and poststroke dementia prevalence in Ireland.

Cochrane Review

[Music-based therapeutic interventions for people with dementia](#)

When compared to usual care, providing people with dementia with at least five sessions of a music-based therapeutic intervention probably improves depressive symptoms and may improve overall behavioural problems at the end of treatment. When compared to other activities, music-based therapeutic interventions may improve social behaviour at the end of treatment. No conclusions can be reached about the outcome of anxiety as the certainty of the evidence is very low.

Guidance

[Second consultation launched on NHS funding for Alzheimer's treatments](#)

NICE has published further draft guidance for public consultation that continues to not recommend Alzheimer's treatments donanemab and lecanemab.

[Supporting employees affected by dementia and their carers](#)

As an employer, it is highly likely that at some stage, you will employ staff who are either living with or caring for someone with dementia. You are also likely to have clients or customers who are affected by dementia. The [dementia specialist Admiral Nurses](#) from our Dementia at Work Team share their advice on supporting employees and customers who are affected by dementia.

Webinar

[Supporting people living alone with young onset dementia](#)

Our webinar on Wednesday 14th May 2025 at 12.30-1.30pm will be hosted by Dr Jenni Brooks, Associate Professor of Social Policy at Sheffield Hallam University and Damian Murphy, Director, Innovations in Dementia. They will share research and discuss supporting people living alone with young onset dementia.



News

[High street opticians could use AI to spot dementia risk with eye scan](#)

High street opticians could play a key role in pinpointing individuals at risk of dementia by spotting distinctive patterns in the retinas of those in the early stages of cognitive decline. These diagnoses would be carried out during routine eye checks. The prospect follows the development of an AI technique known as Quartz that can be used to study eye scans and identify key differences in the shapes and sizes of retinal blood vessels in a few seconds. The technology automatically measures width and the extent to which these tiny veins and arteries – known as arterioles and venules – twist and turn.

[Is having more menopause symptoms linked to signs of poor memory and behaviour change in later life?](#)

A new study suggests that people who reported having more symptoms of menopause also reported having worse memory and thinking years later. People in this group also stated that they had more changes in behaviour, such as apathy, which have been linked to dementia risk in other studies.

[Research isn't just looking at Alzheimer's disease - other forms of dementia are important too](#)

When people hear the word 'dementia,' they often think of Alzheimer's disease. But did you know there are different types of dementia, each with its own unique symptoms? Here we take a look at 3 lesser known types: frontotemporal dementia, Lewy body dementia and vascular dementia.

[New classes of drugs have shown promise](#)

Dementia research is advancing at an incredible pace, bringing hope to millions affected by the condition. Currently, there are [127 drugs in development for Alzheimer's disease](#). Globally, over 160 trials are testing more than 125 potential new treatments. With over 30 drugs now in Phase 3 trials (the final stage before regulatory approval) we are closer than ever to life-changing treatments.

[Music can improve dementia symptoms](#)

Research consistently shows that music can alleviate symptoms of dementia, helping individuals manage anxiety, improve mood, and even rebuild connections with loved ones. One of the latest studies in dementia research is [investigating the impact of personalised playlists](#). The study, currently recruiting participants through Join Dementia Research until July 2025, is exploring how tailored music selections can improve quality of life and help manage behavioural and psychological symptoms associated with dementia.

[Research recognises the importance of carers' wellbeing](#)

Caring for someone with dementia can be challenging and rewarding. It can have profound impacts on relationships, priorities, and wellbeing.

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



NHS

Mersey Care
NHS Foundation Trust

18 March 2025

[Antidepressants May Speed Cognitive Decline in People With Dementia](#)

Some commonly prescribed antidepressants may speed cognitive decline in people with Alzheimer's disease, [new findings](#) suggest. But more research is needed to confirm the findings, and experts caution that anyone with dementia who is taking the drugs should not stop taking them without talking to a doctor first.

[Just 5 Minutes of Exercise a Day May Boost Brain Health](#)

Even a few minutes a day of moderate to vigorous physical activity may help to lower your risk of developing Alzheimer's disease. Those are the findings of a new analysis from scientists at the Johns Hopkins Bloomberg School of Public Health. For their study, the researchers looked at nearly 90,000 men and women living in the U.K. who wore smart-watch-type activity trackers. Most were in their 50s and older.

[Potential clue about brain health from neck lymph node 'brain bins'](#)

Scientists have found another clue about how brain health is maintained and how this might be affected by ageing and Alzheimer's disease, according to a new paper. [The findings were published in the journal Brain.](#)

