

News

[Dementia risk for people who quit smoking in middle age 'same as someone who never smoked'](#)

People who stop smoking in middle age can reduce their cognitive decline so dramatically that within 10 years their chances of developing dementia are the same as someone who has never smoked, research has found. Kicking the habit halves the rate of decline in verbal fluency and slows the loss of memory by 20%, according to a study of 9,436 people in England, the US and 10 other European countries.

[Improved safeguarding and protections for vulnerable people](#)

Vulnerable people lacking the mental capacity to make decisions about their care are expected to benefit from major changes to safeguarding and protections, following a consultation announced by the government. The proposed Liberty Protection Safeguards aim to deliver improved protection and an easier and improved system to allow carers, psychologists, social workers and families to provide care to vulnerable people in circumstances that amount to a deprivation of liberty.

[Advances in science set to transform treatments for people living with dementia](#)

From blood tests to AI, new ways to diagnose dementia sooner and treat it faster set to be unlocked by new research challenge.

[Alzheimer's Research UK and Gates Ventures launch global fund to tackle the roadblocks in dementia research preventing progress](#)

Alzheimer's Research UK and Gates Ventures have established the Dementia Frontiers Fund, a bold new multi-million pound global initiative designed to address the most complex and urgent questions holding back progress in dementia research.

[Five benefits of getting a diagnosis for dementia – what are they?](#)

Getting an accurate diagnosis early is important. This is because the diseases that cause dementia can have different symptoms which require specific treatments and management. An early diagnosis also enables people to plan ahead, stay connected to their loved ones for longer, and consider taking part in dementia research. Here are five benefits of getting a diagnosis for dementia from people with lived experience of dementia.

[Dementia support for Black, African and Caribbean families](#)

Dementia specialist Admiral Nurse Safia Seini works with families and communities to raise awareness, provide culturally sensitive support, and ensure everyone receives the care they deserve.

[A Common Injury That Raises Dementia Risk](#)

Elderly men and women who suffer traumatic brain injuries—most often the result of a fall—are at increased risk of developing dementia, a new [study](#) found.



NHS
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27 October 2025

[This B Vitamin May Be Critical for Dementia Prevention](#)

Eating a diet rich in riboflavin, a B vitamin, may substantially lower your dementia risk, according to a new report that looked at the effects of B vitamins on brain health.

[Faster MRI scans offer new hope for dementia diagnosis](#)

The time to carry out diagnostic MRI scans for dementia can be cut to one third of their standard length, according to a new study led by UCL researchers.

Blog

[Dirty air, ageing brains: How midlife pollution exposure may accelerate cognitive decline](#)

Could years of commuting through city smog be leaving lasting marks on our brains? A major UK birth cohort study suggests that midlife exposure to nitrogen dioxide and other pollutants may lead to smaller hippocampal volumes and slower cognitive processing in later life, even after accounting for social and educational factors.

