

## Studies

[A new psychosocial goal-setting and manualised support intervention for independence in dementia \(NIDUS-Family\): longer-term outcomes of a randomised controlled trial](#)

NIDUS-Family improved attainment of goal attainment scaling (GAS) goals over 2 years.

[Increased Dementia Risk in Higher-Functioning Adults with Autism Spectrum Disorder: Insights from 21,648 Adults with Autism Spectrum Disorder](#)

While intellectual disability (ID), which often co-occurs with autism, is a known risk factor for dementia, the risk of dementia in higher-functioning adults with ASD remains understudied.

[Examining Dementia Subtypes in a National Sample of Autistic Medicaid and Medicare Enrollees](#)

Small sample sizes have constrained the examination of dementia subtypes in Autism Spectrum Disorder (ASD) compared to other groups. Data from Medicaid and Medicare, which enroll tens of millions of Americans, can address this limitation and support identification of system-level improvements to address needs of those with ASD and co-occurring dementia.

[Suicidal Behavior in Alzheimer's Disease: Preliminary Study](#)

It appears that suicidal behavior is inversely related to the risk of developing suicide. The odds ratio data demonstrate the need for a larger sample size to determine whether there is a difference in the history of suicide throughout the lives of people with Alzheimer's disease and the general population.

## News

[Alzheimer's finger-prick blood test could transform diagnosis, experts say](#)

An international trial is examining whether a finger-prick blood test could be used to help diagnose Alzheimer's disease. The study, involving 1,000 volunteers aged over 60 in the UK, US and Canada, will aim to detect biomarkers associated with the condition. [The Bio-Hermes-002 study](#) is led by the medical research charity LifeArc and the Global Alzheimer's Platform Foundation, with support from the UK Dementia Research Institute.

[Alzheimer's therapies should target a particular gene, researchers say](#)

Scientists at UCL say drug developers should focus on two risk-raising variants of the Apoe gene.

### [How does sleep affect dementia risk?](#)

Dark evenings and post-festive routine changes can disrupt our sleep. With sleep hygiene increasingly in the spotlight, what does it mean and why does it matter? Research suggests good sleep supports brain health and may influence dementia risk over time.

### [APOE4 and APOE3 gene variants linked to at least 7 in 10 Alzheimer's cases, study suggests](#)

A new [study](#) into the APOE gene suggests two variants may influence Alzheimer's and dementia risk more than previously thought.

### [What Our Body Clocks May Say About Our Alzheimer's Risk](#)

Our circadian rhythms, the internal body clock that determines when we are most active and alert and when we wind down and go to sleep during a typical 24-hour day, may play a role in our risk of dementia, according to a new report. The study found that people with less regular circadian rhythms, as well as those whose activity levels peaked later in the afternoon, were at increased risk of developing Alzheimer's disease and other forms of dementia.

### [Is Full-Fat Cheese Good for the Brain? Foundation](#)

Fans of triple-crème brie, cheddar and quiche may be heartened by a recent study that found that consuming high-fat cheese and cream was tied to a lower risk of dementia. The findings are interesting in light of newly issued guidelines encouraging Americans to eat more dairy products, including full-fat cheese, as part of their daily diets.

### [Marking 20 Years of Public Health Progress on Dementia](#)

The Alzheimer's Association announces the publication of a new supplement issue of The Gerontologist that details unprecedented progress to establish dementia as a public health priority. Accelerated in recent years through implementation of the Building Our Largest Dementia Infrastructure (BOLD) Act, the supplement outlines how brain health, dementia risk reduction, early detection and caregiving have become integral to public health practice nationwide.