

Studies

[Development of a resource use measure to capture costs related to unpaid care for people living with non-memory led dementia: a modified Delphi study](#)

Unpaid carers and HCPs are the experts in the resource impact of caring for someone with NMLD and have been underserved in research to date. This research, as part of preparatory stages of the BELIDE trial, has enabled the timely development of a comprehensive and valid RUM for unpaid carers of people with NMLD.

[Feasibility of the MAINTAIN intervention to support independence after a fall for people with dementia: a pilot cluster randomised controlled trial in participants' own homes](#)

The pilot c-RCT demonstrated that recruitment, retention and intervention delivery were feasible and well accepted. Findings support progression to a definitive trial to evaluate the effectiveness and cost-effectiveness of the MAINTAIN intervention.

Articles

[Blood Sugar Spikes After Eating May Raise Alzheimer's Risk](#)

Analysis found that spikes in glucose levels after eating were most closely tied to dementia. People who tended to have abnormally high elevations in blood sugar levels two hours after eating had a 69 percent higher relative risk of developing Alzheimer's disease than their peers who didn't have these post-meal blood sugar spikes. The increased risk was independent of other Alzheimer's risk factors, such as decreased overall brain volume or damage to the brain's white matter.

[Insomnia Poses Major Risk](#)

For the study, researchers in Boston reviewed medical records from 5,899 men and women aged 65 and older who were part of the National Health and Aging Trends Study, a long-running study of older Americans. Nearly 30 percent reported having symptoms of insomnia, including having difficulty falling asleep or staying asleep through the night. About 6.6 percent had Alzheimer's disease or other forms of dementia.

News

[How our lab is helping develop an Alzheimer's test that can be done at home](#)

Once refined and validated, these tests could aid with early detection, screening at-risk people, tracking disease progression or even evaluating the effectiveness of emerging treatments.

[Reading and writing can lower dementia risk by almost 40%, study suggests](#)

Reading, writing and learning a language or two can lower your risk of dementia by almost 40%, according to a study that suggests millions of people could prevent or delay the condition.

New findings highlight the importance of understanding experiences of older people living with dementia

To improve care, researchers studied older people with dementia living at home. They found that people with dementia valued formal caregivers who showed authentic emotional care for them. Findings also suggest that formal care services can lack understanding and connection to people with dementia in their everyday lives. It also found that informal carers, for example family and friends, often provide more appropriate care. This is because they better understand the person's needs and how to meet them.

New tool for studying antiviral immunity in vascular disease

Research led by Prof David Hunt and Dr Bastien Rioux (UK DRI at Edinburgh) has identified a new way to measure inflammation in very large population studies. The approach could help scientists better understand how long-term immune activation may contribute to vascular disease, and whether this pathway may also be relevant to dementia. The study, [published in the journal Nature Communications](#), represents an important step forward in developing anti-inflammation strategies for preventing vascular disease and dementia.