

## Studies

### [Communicating the risk of psychiatric in-patient or enhanced community care in dementia](#)

Risk communication in dementia is complex and must be personalised to be most effective. Our findings may have relevance for the communication of other areas of risk in dementia beyond risk of care crises.

### [Utilisation of brain MRI for the diagnosis of dementia in low and middle-income countries: systematic review and meta-analysis](#)

Brain MRI frequently demonstrates dementia-relevant pathology in LMIC clinical cohorts, usually with mixed neurodegenerative-vascular patterns. Structured visual ratings may add aetiologic specificity beyond cognitive screening, but pooled estimates should be interpreted as summaries of heterogeneous study-level findings rather than precise population parameters, given high heterogeneity and risk of bias.

## Articles

### [The Right Way to Sit](#)

Studies show that sitting and other sedentary behaviors are bad for our overall health, including the health of our brain. But what we do when we sit can make a difference when it comes to brain health, according to a new report. The study, in the American Journal of Preventive Medicine, found that not all sitting is the same. Adults who sat while remaining mentally passive, exemplified by the "couch potato" parked in front of the TV, faced a higher risk of dementia years down the road. Those who engaged in mentally stimulating behaviors while sitting, on the other hand, such as reading, working on the computer or playing a challenging game or puzzle, had a lower risk of dementia later in life.

### [A DASH of Prevention](#)

Good news on the food front: Two new studies show that eating a heart-healthy diet may help to keep the brain in good working order as we age. The findings add to growing evidence that what we eat can play an important role in helping to ward off diseases like Alzheimer's as we age.

## Webinar

### [Autism and young onset dementia](#)

Our webinar on Tuesday 19th May 2026 at 12.30-1.30pm will explore the experiences of autistic people when accessing dementia healthcare, highlighting some of the barriers they may encounter and the importance of making services more accessible and inclusive.

## Blog

### [Cognitive rehabilitation and living well after an Alzheimer's diagnosis – A case study by Moneta Health](#)

As part of ADI's ongoing work to share global voices of those living with dementia, we are pleased to share a case study provided by Moneta Health, highlighting the importance of cognitive rehabilitation within post-diagnostic support. The case study features the words of Dahlia, who was diagnosed with early onset Alzheimer's disease, as she shares her experience accessing cognitive therapy.

## News

### [How Alzheimer's disrupts memory circuits, and why targeting](#)

Alzheimer's disease is usually defined by the build-up of amyloid beta plaques and tau tangles. A new study, led by Prof Marc Aurel Busche and Dr Robert Ellingford (UK DRI at UCL) suggests that these hallmark proteins may inflict some of their most important damage by working together and disrupting the brain circuits that support memory. This helps to explain why targeting either toxic protein on its own does not bring therapeutic benefits, once both begin to accumulate. [Published in Neuron](#), the study identifies a new mechanism that links amyloid beta and tau to this circuit failure by causing changes to synaptic connections within the brain.

### [First participants join initiative to boost dementia](#)

The [Dementia Trials Accelerator](#) has taken a significant step towards transforming dementia clinical trials in the UK by welcoming its first participants into clinics for simple tests that will ultimately get the right people into clinical trials quicker, speeding up vital research.

### [Dementia misconceptions: Separating fact from fiction](#)

Today, 55 million people around the world are living with dementia. This number is predicted to nearly triple by 2050 – reaching almost 140 million. But, despite how common the condition is, there is still a lot of confusion around what dementia actually is. Separating fact from fiction helps people make informed choices, understand a diagnosis, and find the right support.

### [How might a UK-specific diet reduce dementia risk?](#)

Research suggests that eating a Mediterranean diet can help reduce the risk of developing dementia, among other health benefits. But how does that compare with the healthy eating recommendations set by the UK government in the 'Eatwell' Guide?

### [10 possible signs of dementia you shouldn't ignore](#)

It's normal for our memory and thinking to slow down as we get older. But for some people, these changes can start to get in the way of day-to-day life. This can be a sign that something else is going on, rather than just ageing.