

Study

[Coffee, tea and dementia risk: does your daily brew help?](#)

The authors concluded that moderate consumption of caffeinated coffee and tea was associated with a lower risk of dementia and modestly better cognitive ageing, whereas no similar association was observed for decaffeinated coffee.

News

[No 10 handed letter demanding better for everyone affected by dementia](#)

A letter demanding better for everyone affected by dementia, signed by almost 60,000 people, has been handed into No 10 Downing Street. Campaigners, including broadcaster and Jon Snow, who recently revealed his dementia diagnosis, are calling for a bold and ambitious plan for better access to early and accurate diagnosis of the disease as research suggested many are facing months-long waits.

['Our lives are on hold': Dementia diagnosis delays hit carers' jobs, finances and family life](#)

Research has revealed that families affected by dementia are being forced to put their lives on hold by prolonged waits for a diagnosis. A survey of over 1,000 carers reveals nearly half of people (45%) waited more than six months for a dementia diagnosis after first seeking help, with devastating consequences for their work, finances and mental wellbeing.

[Launch of second in series of bold advertising campaign, 'A Personal Appeal'](#)

The new advert explores the devastating reality of dementia, through the eyes of a husband caring for his wife.

[Alzheimer's trial to test drug on people without symptoms to see if it can be prevented](#)

People without memory loss will be offered an experimental Alzheimer's drug that could stop the development of the condition before dementia symptoms emerge. Healthy middle-aged people deemed to have a higher risk of developing the condition will be eligible to participate in the trial, which is being run by an NHS trust as part of an international clinical trial aiming to prevent dementia.

[New Research on Person-Centered Dementia Care](#)

A special journal supplement explores how dementia care can better reflect individual needs, relationships and lived experience.

[Ultra-processed foods and dementia risk](#)

Emerging evidence suggests that ultra-processed food in our diet can have a significant impact on long-term brain health.

[Why we believe someone alive today could be the first person cured of Alzheimer's](#)

A cure for Alzheimer's disease is no longer an impossible idea. It's a scientific goal that is moving closer every year.



NHS
Mersey Care
NHS Foundation Trust

14 September 2026

[What decades of research has taught us about brain health and dementia risk](#)

Discover how Insight 46, part-funded by Alzheimer's Research UK, has transformed our understanding of brain health and dementia risk.

[How Alzheimer's Research UK helped develop blood tests for Alzheimer's](#)

From funding one of the earliest studies into blood biomarkers to improving dementia diagnosis today, discover how decades of research are delivering earlier and more accurate ways of diagnosing dementia – moving us ever closer to a cure.

[Potential Alzheimer's treatment, trontinemab, hits the news – how does it work and is it available?](#)

Trontinemab is a potential new Alzheimer's drug made by the pharmaceutical company Roche. Early data from smaller trials suggests that this drug may clear a protein linked to Alzheimer's quickly and effectively.

[Shingles Vaccine Tied to Lower Dementia Risk](#)

A large new analysis adds to growing evidence that shingles vaccination may be good for the brain. The study, published in the Annals of Internal Medicine, found that elderly men and women who received the shingle vaccine had a 24 percent lower risk of developing Alzheimer's disease or other forms of dementia than their unvaccinated peers.

[Leisure-Time Physical Activities May Be the Best Type for Brain Health](#)

A new analysis found that people who took part in physical activities or sports as part of their leisure time choices had a lower risk of developing Alzheimer's disease or other forms of dementia down the road. Those who had physically demanding jobs requiring lots of physical exertion, on the other hand, had an increased dementia risk.

[Living Between Scans: Uncertainty, Hope and Life After a Dementia Diagnosis](#)

In this guest article, ADI Board Member and dementia advocate, Bill Yeates, shares his post diagnosis journey, discussing the hopes and challenges of life between scans.

