

Studies

[Menopausal insomnia as a modifiable node of dementia risk: Mechanistic insights and intervention strategies](#)

If successfully validated, this strategy could provide a scalable, non-pharmacological risk-reduction solution for the substantial population of women facing an approximately twofold increased risk of AD, potentially preventing millions of new-onset dementia cases globally. More fundamentally, it would validate a mechanism-driven, sex-informed paradigm for neurodegenerative disease prevention—demonstrating that targeting circuit dysfunction during defined windows of heightened plasticity may help mitigate pathological trajectories before irreversible neuronal loss occurs. This strategy holds promise for extension beyond AD to other sex-specific brain health conditions, such as cerebral venous thrombosis, neurodegenerative diseases beyond AD, white matter hyperintensities and cerebral small vessel disease characterized by NPTX2 decline, thereby establishing a new standard for early precision intervention in brain aging.

[Characterising patients with Alzheimer's disease in England: a cohort study using data from Clinical Practice Research Datalink linked to Hospital Episode Statistics](#)

In England, most newly diagnosed patients with AD were White females in their early 80s with common comorbidities including hypertension, asthma, chronic obstructive pulmonary disease, arthritis and osteoarthritis. This study addresses a critical evidence gap by quantifying the England-specific burden of comorbidity, polypharmacy, and HCRU among patients with AD using multiple validated and published AD algorithms. Findings were broadly consistent across the three subcohorts identified using disease-based and medication-based algorithms, strengthening internal validity of the study and demonstrating that the findings are robust to the method of AD case definition. This study provides a novel insight into the real-world AD population in England, and findings may help healthcare professionals to identify patients living with AD, understand patients' needs and tailor treatment strategies.

[Geographical and temporal distribution of safeguarding concerns among older adults with dementia in England: a population-based repeated cross-sectional study](#)

This study provides the first national analysis of safeguarding patterns for people living with dementia in England. The findings found demographic and geographic disparities in safeguarding activity, highlighting the need for more detailed and individual-level data to inform responsive, dementia-sensitive safeguarding policies.

['Supportive' brain cells may drive cognitive decline](#)

New research led by Dr Georgina Craig and Prof Veronique Miron (UK DRI at Edinburgh) finds brain cells that produce the protective coating around nerve fibres can become dysfunctional with age and may actively contribute to cognitive decline. The research, [published in Nature Medicine](#), could pave the way for new treatments targeting oligodendrocyte dysfunction to help protect cognition in later life.

[Study finds three midlife health factors that could delay dementia for 13 years](#)

Research suggests addressing risk factors for poor cardiovascular health between the ages of 45 and 65 could help reduce risk of cognitive decline. The findings were published in the medical journal [Neurology](#).

[Women using HRT at lower risk of dementia, study suggests](#)

Scientists found those who had used hormone replacement therapy were 10% less likely to be diagnosed with dementia. The findings, published in the journal [Alzheimer's & Dementia](#), come with the caveat that they are based on observational data rather than being the gold standard randomised-controlled trial, so it is not possible to prove a causal link.

[Statins can reduce dementia risk by up to 15%, long-term study suggests](#)

Statins can lower the risk of dementia by 15%, and the earlier in life they are taken the higher the chances of avoiding the disease, a 15-year study suggests. The findings were published in [the Lancet Regional Health Europe journal](#).

Article

[Can our sleep reveal clues to brain health and longevity?](#)

Dr Otaiku discusses nightmares as early markers of dementia and Parkinson's disease, his work developing an EEG-based screening tool, and how philosophy shapes his approach to patient care.

Webinar

[The care of people with young onset dementia within mental health wards](#)

This webinar taking place on Wednesday 21st October 2026 at 12.30-1.30pm will provide a unique insight into who is admitted into mental health wards, what led up to their admission, the aims of admission, how long younger people living with dementia typically stay and what happens when they leave.

News

[New research reveals one in four over-40s can't name a single risk factor for dementia](#)

More than a quarter (26%) of people aged over 40 cannot identify a single modifiable factor that could increase their risk of dementia, according to a new survey. Just one in five (21%) adults aged over 40 were aware of growing evidence that up to 45% of dementia cases may be linked to factors that can be prevented, treated or modified.

[New report explores how technology could support dementia prevention](#)

A new report, Unlocking Dementia Prevention: The Role of Technology in Supporting Brain Health examines new opportunities to support people in adopting brain-healthy behaviours.

[How we create trustworthy dementia information](#)

Everyone deserves access to clear information about dementia that they can trust. Good information can help people understand dementia, make informed decisions and find support when they need it.

[How Alzheimer's Research UK works with community champions to share health information](#)

Community-led dementia outreach is making trusted health information more accessible, relevant and culturally appropriate in underserved communities.