

Dementia

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Randomised Controlled Trial

[Randomised placebo-controlled trial of the effects of aspirin on dementia and cognitive decline](#) There was no evidence that aspirin was effective in reducing risk of dementia, MCI, or cognitive decline. Follow-up of these outcomes after initial exposure is ongoing.

Studies

[A Blood Test For Alzheimer’s? Markers For Tau Take Us A Step Closer Multiple studies reported at AAIC](#) showed advances in blood tests for abnormal versions of the Alzheimer's-related protein tau. A blood test has the potential to make diagnosis simpler, more affordable and widely available.

[International Brain Study: SARS-CoV-2 Impact on Behaviour and Cognition](#) Scientific leaders, including the Alzheimer's Association and representatives from more than 25 countries, are working together with technical guidance from the WHO to track the long-term impact of COVID-19 on the brain.

[High BMI in early adulthood could increase risk of dementia in later life](#) Results of the study show that women who were estimated to be overweight in early adulthood had a 1.8 times higher dementia risk compared to those who were not. Obese women had an even higher dementia risk – 2.5 times higher than women with normal BMI in early adulthood. For men, dementia risk was 2.5 times higher among those who were obese in early adulthood, 1.5 times higher among those who were overweight in mid-life and two times higher among those who were obese in mid-life.

[Flu, Pneumonia Vaccinations Tied to Lower Risk Of Alzheimer's Dementia](#) Three research studies reported at AAIC 2020 suggest:

- At least one flu vaccination was associated with a 17% reduction in Alzheimer's incidence. More frequent flu vaccination was associated with another 13% reduction in Alzheimer's incidence.
- Vaccination against pneumonia between ages 65 and 75 reduced Alzheimer's risk by up to 40% depending on individual genes.
- Individuals with dementia have a higher risk of dying (6-fold) after infections than those without dementia (3-fold).

[A Smart Health Platform for Measuring Health and Well-Being Improvement in People with Dementia and Their Informal Caregivers: Usability Study](#) The follow-up of this population of PwD and their informal caregivers has shown that disease progression and physical and mental well-being do not change significantly during the time, being a slow and gradual process.

