

## Studies

### [Risk factors for dementia and self-harm: A linkage study](#)

We found self-harm or dementia diagnoses occurred most often within 24 months of a dementia diagnosis or initial self-harm presentation, respectively. Men living with dementia, and people with complex psychiatric profiles, had the greatest risk of self-harm. Men who had self-harmed had the greatest risk of dementia diagnoses.

### [Total sleep duration and daytime napping in relation to dementia detection risk: Results from the Million Women Study](#)

There was little evidence to suggest that long sleep duration and regular napping are associated with long-term dementia risk. Short sleep duration was modestly associated with dementia risk, but residual confounding cannot be excluded.

### [A biomarker-validated time scale in years of disease progression has identified early- and late-onset subgroups in sporadic Alzheimer's disease](#)

It is possible to calculate the number of years to the expected clinical onset (YECO) of autosomal-dominant Alzheimer's disease (adAD). A similar time scale is lacking for sporadic Alzheimer's disease (sAD). The purpose was to design and validate a time scale in YECO for patients with sAD in relation to CSF and PET biomarkers. A novel time scale in years of disease progression based on cognition was designed and validated in patients with AD using CSF and PET biomarkers. Two early- and late-disease onset subgroups were identified differing with respect to APOE e4.

### [iCare4Me for FTD: A pilot randomized study to improve self-care in caregivers of persons with frontotemporal degeneration](#)

There was a significant group-by-time interaction for self-care monitoring and self-care confidence on the Self-Care Inventory, demonstrating that caregivers who received the intervention improved their self-care over time. Behavioral symptoms were reduced in bvFTD patients whose caregivers received the intervention. This randomized controlled trial (RCT) shows promise for health coaching as a way to increase support that is urgently needed to reduce poor outcomes in FTD caregivers.

### [Socioeconomic Deprivation, Genetic Risk, and Incident Dementia](#)

Individual-level and area-level socioeconomic deprivation were associated with increased dementia risk. Dementia prevention interventions may be particularly effective if targeted to households and areas with fewer socioeconomic resources, regardless of genetic vulnerability.

### [Could tau-PET imaging contribute to a better understanding of the different patterns of clinical progression in Alzheimer's disease? A 2-year longitudinal study](#)

Despite a relatively small sample size, our results suggest that tau-PET imaging could identify patients with a potentially "more aggressive" clinical course characterized by high temporoparietal Tau1 SUVr values and a rapid clinical progression. In these patients, the paradoxical decrease in temporoparietal SUVr values over time could be due to the rapid transition to ghost tangles, for which the affinity of the radiotracer is lower. They could particularly benefit from future therapeutic trials, the neuroimaging outcome measures of which deserve to be discussed.

elderly vascular geriatrics  
Alzheimer's environment  
cognition early onset  
fronto-temporal research  
memory old age  
dementia  
lewy bodies support



**NHS**  
Mersey Care  
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## Podcasts

### [BBC Radio 4 - Dementia: Unexpected Stories of the Mind](#)

Radio 4 recently shared a fascinating five-part series featuring neurologist Dr Jules Montague and William Miller, whose father had Alzheimer's disease. They went into the homes of people living with rare dementias and discovered that the symptoms of these dementias go far beyond memory loss. The series featured people affected by primary progressive aphasia (PPA), posterior cortical atrophy (PCA), Lewy body dementia, frontotemporal dementia and Huntington's disease.

## Advice

### [Young onset dementia: different symptoms](#)

Dementia UK has created a new leaflet and film detailing the symptoms other than memory loss that may be experienced by younger people living with dementia. The film and leaflet contain information about symptoms affecting a person's:

- behaviour and personality
- language and communication
- movement and coordination
- social and life skills
- vision and spatial awareness

## News

### [Mersey Care NHS Foundation Trust remains rated good following CQC inspection](#)

The Care Quality Commission (CQC) has [rated Mersey Care NHS Foundation Trust as good](#), following inspections carried out from November to January.

### [New Alzheimer's drug slows cognitive decline by 35%, trial results show](#)

A new Alzheimer's drug slowed cognitive decline by 35%, according to late-stage trial results, raising the prospect of a second effective treatment for the disease. Donanemab met all goals of the trial and slowed progression of the condition by 35% to 36% compared with a placebo in 1,182 people with early-stage Alzheimer's, the drugmaker Lilly said.