

January 2019

## Cause

1. Researchers from the University of Minnesota claim that middle-aged adults with lung disease may have an increased risk of developing cognitive impairments in later life. Over 14'000 participants were studied over an average of 23 years, taking part in spirometry tests which evaluate lung function, cognitive assessments, and answering questions about their overall lung health. The researchers found that adults who had restrictive or obstructive lung disease also appeared to have a higher risk of cognitive impairment, including Alzheimer's disease.

<https://www.ctvnews.ca/health/lung-disease-may-lead-to-dementia-related-issues-later-in-life-1.4194549>

## Cure

1. Researchers in the U.S have found that adding hazlenuts to your diet could help to ward off dementia. Hazlenuts are high in magnesium and vitamin E, both of which are believed to help prevent age-related cognitive decline. Elderly people, in particular, are often lacking these nutrients and are reluctant to take multi-vitamin supplements. In the study, co-authored by Dr Alex Michels of Oregon State University, participants aged between 32 and 55 consumed two ounces of hazlenuts daily for 4 months, with post-study blood tests showing elevated levels of magnesium and vitamin E.

<https://www.express.co.uk/life-style/health/1056160/hazelnut-diet-ward-off-dementia>

2. Scientists in Miami claim that men who drink orange juice on a daily basis may be protected against some deterioration of cognitive function, particularly in their later years. In a study, conducted over 20 years with almost 28,000 men showed the consumption of a daily glass of orange juice was associated with a reduction in loss of cognitive function. Eating whole fruit did not appear to influence the risk of moderate cognitive problems.

<https://www.dailytrust.com.ng/orange-juice-reduces-risk-of-dementia-study-finds.html>

3. New funding from the government will mean up to ten people in Queensland with early-onset dementia can be part of a new study into a technique using ultrasound and "micro bubbles". \$10 million dollars in federal funding will go towards the treatment which blasts away plaque from the brain and has so far only been tested in mice (with excellent results and no side effects).

<http://www.msn.com/en-au/news/techandscience/dementia-patients-could-have-their-memory-restored-thanks-to-a-landmark-queensland-study/ar-BBR6jFE?ocid=ientp>

## Care

1. A South Australian study, the “Forget Me Not” program, has shown that intergenerational educational programs can reduce stigma and change attitudes towards dementia. 81 children, aged between nine and eleven, and 25 older people attending a respite facility, participated in the program, which aimed to contribute towards a dementia friendly community in which people living with dementia felt comfortable to be out and about. The older participants also experienced an increase in overall wellbeing.  
<https://www.australianageingagenda.com.au/2018/12/10/intergenerational-program-boosts-dementia-friendly-communities/>
2. A new app, designed in collaboration with Dementia Australia, Lifeview Residential Care, and Swinburne University of Technology, is helping family members connect and communicate with loved ones who are living with dementia. The app, *A Better Visit*, features a range of interactive two-player games, designed to improve social interactions between people living with dementia and their families. The researchers reported an improvement in residents’ mood and general wellbeing, with the effects lasting long after the games were finished.  
<https://www.australianageingagenda.com.au/2018/12/03/dementia-app-facilitates-interaction-through-games/>