

Updates from the Alzheimer's Association International Conference

Each year scientists from around the world come together to share updates and progress in the treatment and care of people living with all types of dementia and their care partners. Here are some updates:

Flu/Pneumonia Vaccines may reduce risk of Alzheimer's

With our attention focused on finding an effective vaccine to prevent Covid-19, there is an interesting report that flu and pneumonia vaccines can reduce the risk of developing Alzheimer's disease (AD). A group from the University of Texas began to look at risk factors associated with Alzheimer's disease and they found that those who routinely got flu vaccines had a 30% reduced risk of getting Alzheimer's.

A team from Duke University looked at people under 75 years of age who received a pneumonia vaccine and found that they were 25% less likely to be diagnosed with Alzheimer's disease. However, researchers determined that getting the flu vaccine plus the pneumonia vaccine does not lead to a greater reduction in risk. The researchers are uncertain why these vaccines reduce risk but understand that each time a person has an infection it has a negative impact on memory and thinking abilities. To read more about these findings, [click on this link](#).

In just a few short months it will be time for flu vaccines. As care partners, it is essential to take care of YOU! Regardless of reducing the risk of Alzheimer's disease, flu and pneumonia vaccines will protect your health and your loved one. Be sure to see your healthcare provider and get scheduled for your vaccines. That is something you can control even in these uncertain times.

Blood test for AD within reach

It appears that scientists are getting closer to accurately using a blood test to identify those with Alzheimer's disease (AD). This would be an important step into identifying people much earlier with AD specifically who might benefit from future treatments targeting the pathology that causes the disease. Estimates are that a blood test could be available within 2-3 years. To read more, click [here](#).

Poor health in early 20's can increase risk of AD

There is continued evidence that high blood pressure, diabetes and obesity in early life can increase the risk of developing dementia. Conversely, high quality early life education is correlated to a lower risk of dementia. Bottom line, lifestyle and education matters.