Dear Joe Bloggs,

Welcome to your Evidence Update email from KnowledgeShare.

The resources listed below have been chosen based on the interests you have provided. I hope they are useful. Please contact me via email if you would like a copy of any of the journal articles. If you would like to change the interests we have listed, stop receiving the notifications, or request a search on a specific topic, please don’t hesitate to let me know.

Articles
The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

**CSF tau and the CSF tau/ABeta ratio for the diagnosis of Alzheimer's disease dementia and other dementias in people with mild cognitive impairment (MCI).**
Ritchie C. *Cochrane Database of Systematic Reviews* 2017;(3):CD010803.
[The insufficiency and heterogeneity of research to date primarily leads to a state of uncertainty regarding the value of CSF testing of t-tau, p-tau or p-tau/ABeta ratio for the diagnosis of Alzheimer's disease in current clinical practice. Particular attention should be paid to the risk of misdiagnosis and overdiagnosis of dementia (and therefore over-treatment) in clinical practice.]
Freely available online

**Effects of short-term exercise interventions on behavioral and psychological symptoms in patients with dementia: a systematic review.**
[Exercise represents a potentially worthwhile approach for the treatment of patients suffering from BPSD.]
Contact the library for a copy of this article

**Exercise interventions for cognitive function in adults older than 50: a systematic review with meta-analysis.**
[To improve cognitive function, this meta-analysis provides clinicians with evidence to recommend that patients obtain both aerobic and resistance exercise of at least moderate intensity on as many days of the week as feasible, in line with current exercise guidelines.]
Freely available online

**Music-based therapeutic interventions for people with dementia.**
van der Steen JT. *Cochrane Database of Systematic Reviews* 2017;(5):CD003477.
[Providing people with dementia with at least five sessions of a music-based therapeutic intervention probably reduces depressive symptoms but has little or no effect on agitation or aggression. There may also be little or no effect on emotional well-being or quality of life, overall behavioural problems and cognition. We are uncertain about effects on anxiety or social behaviour, and about any long-term effects.]
Freely available online

**Simulated presence therapy for dementia.**
Abraha I. *Cochrane Database of Systematic Reviews* 2017;(4):CD011882.
The majority of people with dementia develop behavioural disturbances, also known as behavioural and psychological symptoms of dementia (BPSD). Several non-pharmacological interventions have been evaluated to treat BPSD in people with dementia. Simulated presence therapy (SPT), an intervention that uses video or audiotape recordings of family members played to the person with dementia, is a possible approach to treat BPSD.

Events

You may be interested in this (these) forthcoming event(s):

**BSMS Mini-symposium 2017 – Generic Disease Mechanisms in Motor Neurone Disease and other Neurodegenerative Disorders.**
[A mini-symposium at Brighton and Sussex Medical School (BSMS) will bring together leading neuroscientists to present their work in cutting-edge advances in research into the mechanisms in motor neurone disease, Alzheimer's and other neurodegenerative diseases. Professor Dame Pamela Shaw FMedSci will be the keynote speaker. Please register for your free place by 16 June.]
BSMS Teaching Building, University of Sussex
All day event on: 23rd June, 2017
[http://www.sussex.ac.uk/broadcast/read/39730](http://www.sussex.ac.uk/broadcast/read/39730)

Reports

The following report(s) may be of interest:

'Tooth loss link to increased risk of dementia'.
NHS Choices - Behind The Headlines; 2017.
["Dementia breakthrough: Brushing your teeth 'can help ward off devastating condition'," reads the Daily Express. The news is based on a study that found tooth loss was associated with an increased risk of dementia. This study adds to the evidence that good oral health is linked to good overall health, including a reduction in the chances of developing dementia in later life. But the research doesn't prove that regular tooth brushing will prevent dementia.
]

Freely available online

Websites

The following website(s) may be of interest:
[In a study that included over 75,000 adults with dementia, 44 percent of patients were prescribed at least one potentially unsafe medication (mostly drugs with high anticholinergic activity), and rates were consistently higher in patients receiving care from multiple providers [5]. These results highlight the need for careful monitoring of drug therapy in patients with dementia and the importance of communication among providers before starting new therapies.]

Available from NHS PCs

Best wishes,

The Library Team