

Dementia eUpdate – January 2026



Figure 1 NHS Lanarkshire Logo

Contents

Dementia	1
Nutrition	1
Cognitive Function	2
Medicines	3
Activity	4
Early Onset	5
End of Document	5

Dementia

Nutrition

1. Bulycheva I, Watanabe Y, Kitamura K, et al. [Dietary magnesium intake and dementia risk in community-dwelling people aged 40–74 years: an 8-year cohort study](#). *Journal of Nutritional Science*. 2026;15:9.
2. Jin Z, Song Y, Abdelmoaty AAA, Lin F, Li J, Chen X. [Anti-Neuroinflammation Activity of Essential Oils and Fatty Acids](#). *Food Science & Nutrition*. 2026;14(1):21.

3. Light SW, Tomasino F, Myriam dS, Vela A, Wolf MS, Alissa BS. [‘It keeps your body strong, your muscles strong, your brain strong:’ perceptions about the role of physical activity and nutrition in brain health among middle-aged Latinos](#). *Ethnicity and Health*. 2026;31(1):76-91.
4. Rong H, Lam CS, Mok Vincent CT, Cheung YT. [Association between vitamin D supplement use and cognitive functioning: a longitudinal cohort study](#). *BMJ Open*. 2026;16(1):11.
5. Shang J, Yan J, Lou H, et al. [Oral Exposure to Food-Grade Nanoparticles Poses a Risk of Alzheimer's Disease-Like Symptoms by Triggering Autophagy Defects in Neurons](#). *Advanced Science*. 2026;13(3):18.
6. Takahashi N, Kuroda T, Yoshioka T, Murakami H, Tanaka H. [Donepezil-Induced Severe Anorexia and T-Wave Inversion in Early-Onset Alzheimer's Disease: A Case Report](#). *Clinical Case Reports*. 2026;14(1):7.

Cognitive Function

1. Borda MG, Lehtisalo J, Hara-Veintimilla KO, et al. [Preserved muscle function as a protective factor against cognitive decline: Longitudinal results from the FINGER study](#). *Alzheimer's & Dementia*. 2026;22(1):12.
2. Cao X, Li S, Jia X, et al. [Individual and neighborhood socioeconomic inequality and the risk of dementia: A 14-year follow-up study](#). *Alzheimer's & Dementia*. 2026;22(1):15.
3. Fernandez-Gamez B, Solis-Urra P, Coca-Pulido A, et al. [Effect of a 24-week resistance exercise intervention on cognitive function in cognitively normal older adults: The AGUEDA randomized controlled trial](#). *Alzheimer's & Dementia*. 2026;22(1):17.
4. Gutierrez S, Whitmer RA, George KM, et al. [Evaluating segregated school attendance as a mediator of geographic inequities in late-life cognitive function: evidence from the Study of Healthy Aging in African Americans \(STAR\)](#). *Alzheimer's & Dementia*. 2026;22(1):10.
5. Hamilton CA, Gallagher P, Donaghy PC, et al. [Subjective estimation of cognitive function in mild cognitive impairment: relationship with neurodegenerative and non-degenerative factors](#). *Psychol Med*. 2026;56:10.

6. Li Z, Huang H, Lai L, et al. [Grip strength and cognitive function of older adults through the chain mediating effect of life space mobility and depression](#). *Scientific Reports (Nature Publisher Group)*. 2026;16(1):2287.
7. Lim J, Byeon Y, Kang S, et al. [Long-Term Effects of Mobile-Based Metamemory Cognitive Training in Older Adults With Mild Cognitive Impairment: 15-Month Prospective Single-Arm Longitudinal Study](#). *JMIR Aging*. 2026;9:12.
8. Monaghan C, Andrade Moral R, Kelly M, McHugh Power J. [Procrastination as a marker of cognitive decline: Evidence from longitudinal transitions in the older adult population](#). *Alzheimer's & Dementia : Diagnosis, Assessment & Disease Monitoring*. 2026;18(1):11.

Medicines

1. Kim N, Resnick B, Galik E, et al. [Association of Psychotropic and Opioid Medication Use With Physical Function in Hospitalized Older Adults With Dementia](#). *J Gerontol Nurs*. 2026;52(1):23-32.
2. Magalhães CG, Moldakozhayev A, Lopez MV, et al. [The Right Person, the Right Treatment, at the Right Time in Alzheimer's Disease: Insights From the 2025 Brain Aging Symposium](#). *Aging Cell*. 2026;25(1):8.
3. Richardson TI, Klein RC, Huang K, et al. [Next-generation Alzheimer's therapeutics: target assessment and enablement at the Indiana University School of Medicine–Purdue University TREAT-AD Center](#). *Alzheimer's & Dementia*. 2026;22(1):12.
4. Tonegawa-Kuji R, Karavani E, Danziger M, et al. [Critical evaluation of real-world evidence of repurposable medicines in the Alzheimer's disease drug development pipeline using a target trial emulation](#). *Alzheimer's & Dementia : Translational Research & Clinical Interventions*. 2026;12(1):14.
5. Zhang W, Liu H, Zhang C, et al. [Six-month follow-up of ARIA-H and iron deposition in real-world lecanemab therapy for Alzheimer's disease: Evidence from a Chinese 7T MRI cohort](#). *Alzheimer's & Dementia*. 2026;22(1):14.

Activity

1. Amy S, Lui A, Haneef M, et al. [Minimum physical activities protective against Alzheimer's disease in late life: a systematic review](#). *Journal of Osteopathic Medicine*. 2026;126(1):47-68.
2. Cardenas-Rivera A, Erdogmus E, Birmingham A, et al. [Aerobic Exercise Preserves Capillary Oxygen Homeostasis and Neurovascular Function in a Mouse Model of Alzheimer's Disease](#). *bioRxiv*. 2026.
3. Dayane MC, Rafael AF, Ianne Sousa dS, Juliana HA, Goncalves GH. [Multicomponent aquatic exercises for falls in older people: a randomized clinical trial](#). *Acta Scientiarum. Health Sciences*. 2026;48:8.
4. Fernandez-Gamez B, Solis-Urra P, Coca-Pulido A, et al. [Effect of a 24-week resistance exercise intervention on cognitive function in cognitively normal older adults: The AGUEDA randomized controlled trial](#). *Alzheimer's & Dementia*. 2026;22(1):17.
5. Ferrer-Ramos P, Serra-Payá N, Garnacho-Castaño M,V., et al. [Development and validation of the physical activity questionnaire for adults aged 65 and older \(PAQ-EA\): a comprehensive assessment tool](#). *Retos*. 2026;74:96-108.
6. Jiang Z, Ghahramani M, Nathan M. D'Cunha, Raul FR. [Sensor-based motion analysis for dementia detection: a systematic review](#). *Frontiers in Digital Health*. 2026;7:1698551.
7. Li JM, Gauen AM, Zmora R, et al. [Midlife and late-life population attributable fractions of risk factors for dementia in the United States: The Dementia Risk Prediction Project](#). *Alzheimer's & Dementia*. 2026;22(1):14.
8. Liang Y, Xie S, Sheng D, Ding L, Yang T, Jia J. [Association of genetic predisposition to dyslipidemia and physical activity with incident dementia](#). *Alzheimer's & Dementia*. 2026;22(1):15.
9. Trubenstein BP, Pahlen S, Corley RP, Rey S, Wadsworth SJ, Reynolds CA. [Cognitive functioning in context: Leisure activity engagement, social capital, and urbanicity-rurality interplay](#). *PLoS One*. 2026;21(1):21.
10. Tuerdi S, Yang H, He L, et al. [The Effects of Multi-Theory Model-Based Behavior Change Intervention with Staircase Approach on Sedentary Lifestyle Among](#)

[Community-Dwelling Older Adults: Study Protocol for a Randomized Controlled Trial.](#) *JMIR Research Protocols*. 2026;15:19.

11. Wang Q, Sun J, Su Z, Xiang L. [Combining exercise and nanoparticle-based therapies: a review of physiological synergies and pharmacological potential.](#) *Frontiers in Pharmacology*. 2026;16:1679552.
12. Yu Y, Chen K. [Exercise mitigates Alzheimer's disease by targeting ferroptosis driven by cellular senescence.](#) *Frontiers in Cell and Developmental Biology*. 2026;13:1742209.

Early Onset

1. Kuo L, Kao WL, Chuang Y, Huang L. [Perspectives of New Family Caregivers of a Relative With Early-Onset Dementia: A Grounded Theory Study.](#) *J Adv Nurs*. 2026;82(1):580-592.
2. Pentchev JV, Jackson T, Khan N, et al. [Alzheimer's disease polygenic risk in early- and late-onset Alzheimer's disease.](#) *Alzheimer's & Dementia*. 2026;22(1):15.
3. Takahashi N, Kuroda T, Yoshioka T, Murakami H, Tanaka H. [Donepezil-Induced Severe Anorexia and T-Wave Inversion in Early-Onset Alzheimer's Disease: A Case Report.](#) *Clinical Case Reports*. 2026;14(1):7.

End of Document