



NEWSLETTER

July 2023

Dear reader,

In this issue

**AI-Mind project
& the team**

**AI-Mind research
study & procedures**

**Dementia
& risk factors**

Get ready to be informed as we bring you valuable insights and brain research-related information.

The AI-Mind newsletter, released every four months, covers a wide range of topics.

Discover innovative methodologies for early dementia diagnosis, dementia-related studies, and lifestyle interventions that can enhance your well-being.

By staying informed, you will gain a deeper understanding of our project's progress and its potential impact on dementia research.

We would like to express our heartfelt gratitude to all our research participants in the AI-Mind study. Their commitment and contributions have been instrumental in advancing our understanding of how the brain functions.

**Visit our
website**



www.ai-mind.eu

**Find us on
social media**

@AIMind-eu



@The AI-Mind Project



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“We are doing it for people – to give them a chance to respond to the dementia challenge as early as possible.” – Dr Ira Haraldsen



What is AI-Mind about?

Over 50 million people worldwide are living with dementia, a number projected to reach 82 million by 2030. The ageing brain faces vulnerability, which posed challenges to maintaining independence in daily life, especially for the elderly. Mild Cognitive Impairment (MCI), an intermediate condition between normal aging and dementia, can progress to develop into dementia. Early risk assessment and intervention are urgently needed.

Under the AI-Mind initiative, researchers in neuroscience and computer science, along with clinical centres, small and medium enterprises, a data governance body and a patient association have united to address this challenge.

AI-Mind, a 5-year EU-funded project launched in March 2021, aims to provide better and personalised diagnoses for future patients.

15 partners across Europe collaborate tirelessly towards this common goal.

AI-Mind experts are developing artificial intelligence (AI) based tools that employ artificial intelligence to help doctors predict which individuals with MCI are at risk of developing dementia. The AI-Mind research study collects invaluable data to help develop these tools and make them accurate.

At all clinical sites involved in the project, we strive to provide you with exceptional care and support throughout your journey with us. Our dedicated team of researchers and healthcare professionals are working tirelessly to analyse the data collected from your visits as part of the study.

What is the AI-Mind study about?

The study is at the heart of our project and it helps to develop and validate AI-based tools to predict who is likely to develop dementia. The AI-Mind study, launched in January 2022, is the largest European study of this kind and involves 1,000 participants across four countries.

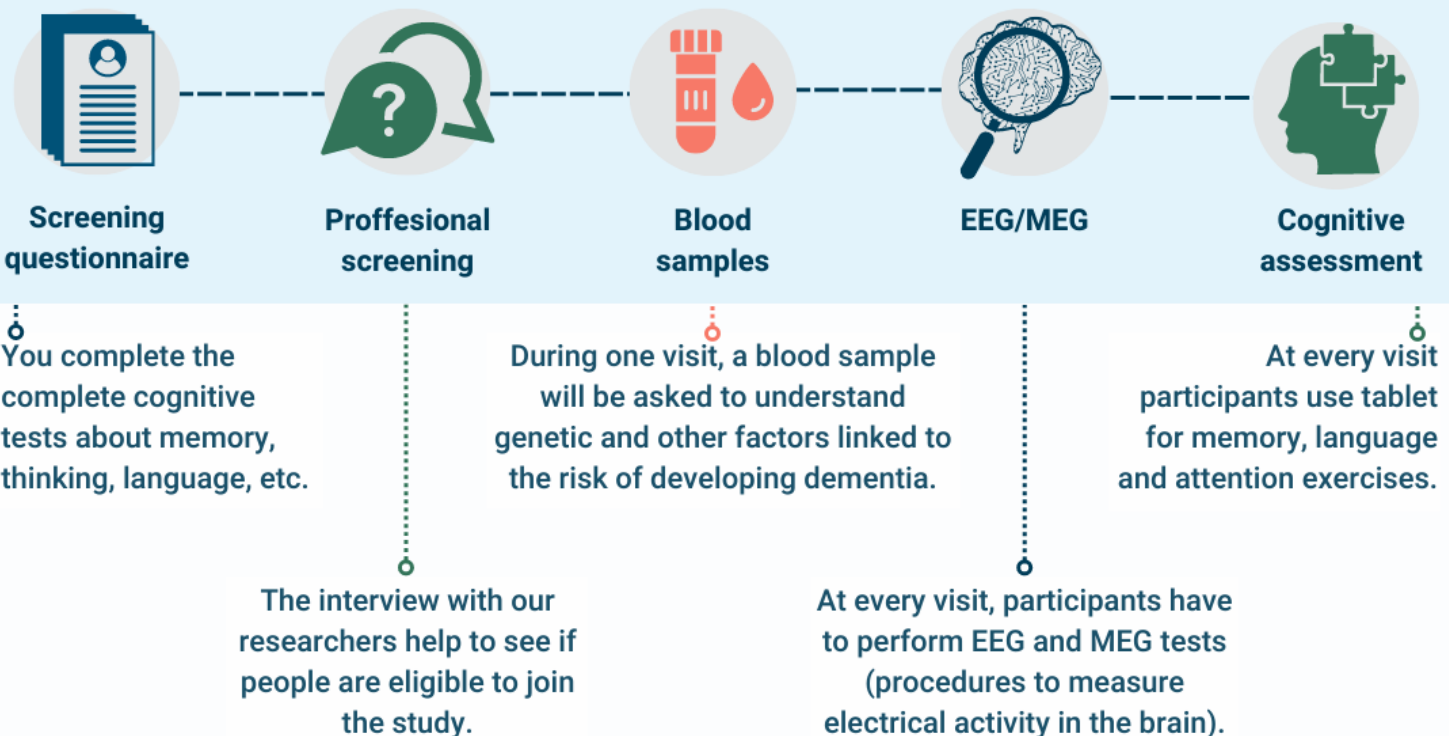
Currently, 859 participants in total have joined our study

You can monitor our progress on the AI-Mind study page:
www.ai-mind.eu/study



1000
participants

Each person who joins the AI-Mind study visits our clinical site four times over two years. Over this time each participant goes through several stages of the screening procedure and data collection.



What does dementia mean?

Dementia is an umbrella term for several brain diseases that affect memory and other cognitive abilities and behaviour.

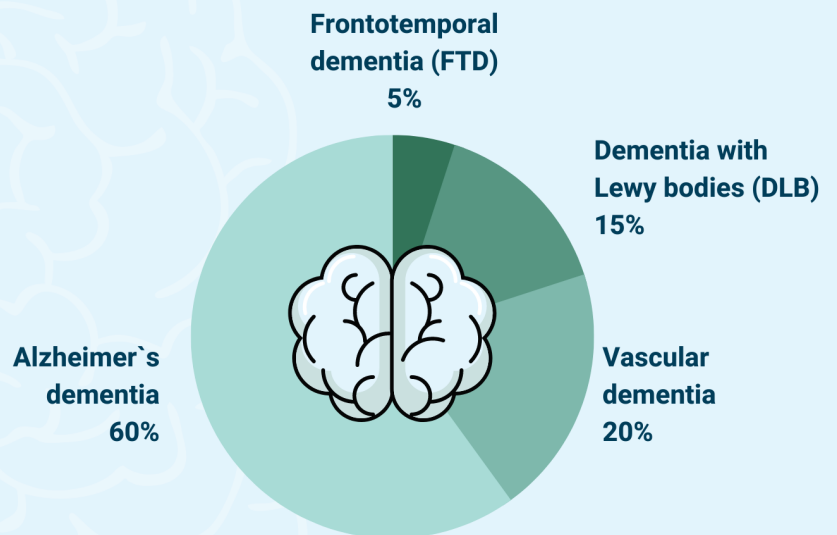
Dementia has different forms and affects people in different ways. One of the most frequently diagnosed forms of dementia is Alzheimer's dementia which accounts for to 60% of all cases.

Dementia is not a natural part of ageing. It occurs when the brain is affected by a disease. It is also a progressive condition. This means that symptoms get worse over time, and the condition will eventually shorten a person's life.

The risk factors are things that can increase a person's chances of developing dementia. There are different types of risk factors for dementia and it's possible, by making some lifestyle changes, to avoid or minimise some of these risk factors.

We also vary in how our thinking skills age. **Why?** One explanation is that some people have better resilience to the effects of ageing because they have developed a stronger „reserve“ to cope with changes. Think of cognitive reserve as the brain's ability to adapt. The more cognitive reserve a person has, the longer it takes for brain diseases to affect everyday life.

4 main forms dementia

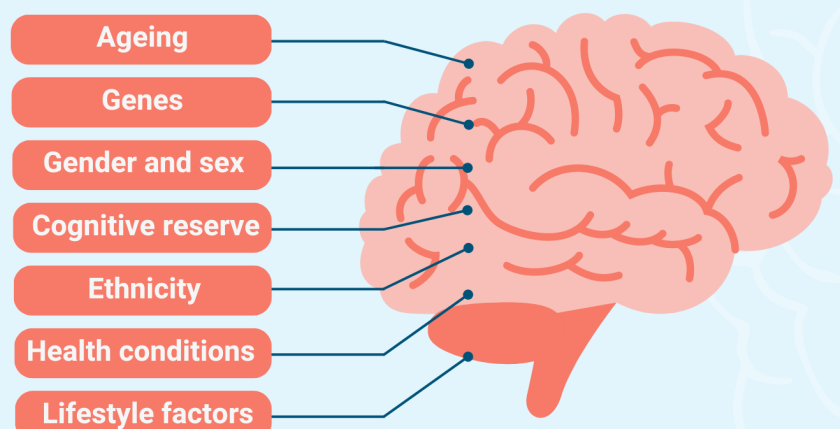


1 in 10 people

with dementia are diagnosed with more than one type of dementia. This is called **“mixed dementia”**, and is most prevalent in people over 75 years of age.

Source: Alzheimer Europe

Risk factors for dementia



Source: Alzheimer's Society, 2021

What are the lifestyle factors?

Some risk factors of developing dementia cannot be avoided, for example, ageing and genes, but others can be either avoided or reduced, for example, smoking. **Lifestyle factors are the ones that can be addressed.**

Keeping a healthy diet, drinking less alcohol, not smoking and exercising regularly, both mentally (exercising your brain) and physically, may reduce the risk of developing dementia.

4 in every 10 cases of dementia can be prevented by limiting or avoiding some of the lifestyle risk factors.

Ways to reduce lifestyle risk factors



Keep healthy diet



Do not smoke



Drink less alcohol



Look after your heart and blood circulation



Exercise regularly your body and brain

More information

You can find more information about dementia, risk factors and challenges in the following sources:

- **WHO. Dementia. (2021)**
<https://www.who.int/news-room/fact-sheets/detail/dementia>
- **Alzheimer Europe. Other dementias.**
<https://www.alzheimer-europe.org/other-dementias>
- **Alzheimer's Society. (2021) Risk factors for Dementia.**
https://www.alzheimers.org.uk/sites/default/files/pdf/factsheet_risk_factors_for_dementia.pdf