

NEWSLETTER



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New Memory Trials - Healthy Volunteers Needed



New trials investigating whether preventative treatments can slow the onset of Alzheimer's disease in people who are at risk. Contact us today! If you, someone you know or see in clinic meets the following criteria:

- aged 55-80
- have normal memory, mood, thinking, and behavioural patterns
- have a friend or relative who can attend some visits with you

Dr Brady McFarlane is our Principal Investigator.



Other trials open to recruitment

COGNIKET-MCI is a trial testing whether ketones and B vitamins help cognitive function.

- Enrolling people with Mild Cognitive Impairment

Dr Brady McFarlane is the UK Chief Investigator (above).



POLARIS-AD is a trial investigating whether drug, AR1001, may help the blood vessels in the brain work better.

- Enrolling people with Mild Cognitive Impairment or Alzheimer's disease

Dr Claire Gee is our Principal Investigator.

Email MARC@southernhealth.nhs.uk or call 0238 231 8757

if you are interested in any of our trials.

You can refer yourself or via a health and social care professional today.

The Latest Innovations - Detecting Dementia Early

- The latest pioneering trials for dementia are recruiting people who do not have memory problems to identify if they are at risk.
- Look out for our new trials testing preventative treatments, in the hope to stop dementia before symptoms start.
- Active Immunotherapies are one of many treatments being tested, they train the immune system to recognise and attack harmful disease biomarkers.

- Biomarkers are tiny signals in the body that can indicate the risk of dementia, years before symptoms appear.
- Two biomarkers in Alzheimer's disease are abnormal proteins - amyloid plaques and tau tangles.
- Detecting these biomarkers sooner, helps us identify people who are at risk of dementia, allowing for earlier interventions and treatments.



[How Biomarkers Help Diagnose Dementia | National Institute on Aging](#)

Team News

Career Celebration

We are proud to celebrate the nursing career of **Lynn Davies**, who has dedicated **36 years** of service to the NHS. In 1973, Lynn trained as a mental health nurse at Knowle Hospital, Fareham. Throughout Lynn's career, she has provided compassionate care in high-dependency and acute hospitals. 16 years ago, Lynn joined the MARC team and has helped hundreds of participants in their research journey. We are truly inspired by Lynn's career and her exceptional contribution to the science community.



Patient & Public Involvement

Patient & Public Involvement is fundamental to healthcare research. Involving the public in our service is key to delivering relevant, acceptable and understandable research. The Health Research Authority are a NHS body that thoroughly review and ethically approve clinical trials and research.



 READ MORE

['Planning and improving research – Public involvement'](#)

Friends of MARC

We are incredibly grateful to our **Friends of MARC Reference Group** who shape our service by sharing their valuable lived experience.

Improving our:

- patient-facing information
- recruitment and support strategies
- science communication
- overall patient and carer experience



Richard

Anne

Keith

Gaby

Their dedicated involvement has made our practice more patient-centred and accessible.

Academic Achievement



We are very pleased to announce the publication of **Dr Alice Oliver's** PhD research in the Journal of Alzheimer's disease. Alice, the team at MARC, and University of Southampton ran a psychology study back in 2021. Findings show that nostalgic landmarks offer psychological benefits for people with dementia. This work informs dementia friendly design and therapeutic practices, such as reminiscence therapy.

 READ MORE

['Benefits of nostalgic landmarks for people living with Alzheimer's disease'](#)

Worldwide, hundreds of experimental treatments are being tested for dementia. We rely on new volunteers, sign up today! Help us in the race to find effective treatments.