



Friday 7 February 2020

Relationship between alcohol use and dementia one area of \$1.5 million dementia research grants

Clarifying the relationship between alcohol use and dementia is just one of 19 new projects that will share in \$1.5 million in grants to conduct ground-breaking dementia research.

Dr Louise Mewton from UNSW Sydney's Centre for Healthy Brain Ageing (CHeBA) was awarded a \$75,000 Dementia Australia Research Foundation Pilot Grant, sponsored by the Dementia Centre for Research Collaboration, and will use the funding to clarify the relationship between low to moderate alcohol use and the risk of dementia.

"This world-first study combines innovative, state-of the-art research methods to address two of the largest contributors to the global disease burden: dementia and alcohol use," she said.

"To date, the relationships between these two key causes of death and disability have been under-researched and overlooked. It is critical that we have a better understanding of how alcohol use is related to age-related diseases such as dementia.

"This research will uncover innovative new avenues for dementia prevention through the development of age appropriate, evidence-based recommendations on the number of standard drinks per week associated with minimal dementia risk."

The Chair of the Dementia Australia Research Foundation, Professor Graeme Samuel AC, said the grants provided support to early and mid-career researchers who want to make a difference in the field of dementia.

"This next generation of talented researchers will be among those tackling some of the biggest challenges in this field. These grants provide vital insights into reducing dementia risk, improving accurate and timely diagnoses and establishing treatment and care options for people who live with dementia," he said.

"With the number of people living with dementia expected to increase to almost 1.1 million by 2058, research into dementia is now more urgent than ever.

"Further, the broad range of projects supported, including nanotechnology, hip fracture prevention, enhancing cognition with exercise and personalising care through music, reflect the increased diversity and quality of research in the dementia space across Australia.

"This would not be possible without the support of our most valued donors and partnerships with the Dementia Centre for Research Collaboration and the Australian Association of Gerontology Research Trust."

View the full list of grant recipients [here](#).

The Dementia Australia Research Foundation acknowledges the generosity of donors who contribute each and every year to support dementia research and the grants program. Since the Dementia Grants Program started in 2000, more than \$18 million in funding has supported almost 300 projects.

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Dementia Australia Research Foundation is the research arm of Dementia Australia. It supports and funds research to help people living with dementia and their families, including research to develop new treatments for the future.

Dementia Australia is the national peak body and charity for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information. An estimated 447,000 people have dementia in Australia. This number is projected to reach almost 1.1 million by 2058. Dementia Australia is the new voice of Alzheimer's Australia. Dementia Australia's services are supported by the Australian Government.

National Dementia Helpline 1800 100 500

Interpreter service available

(The National Dementia Helpline is an Australian Government Initiative)

Dementia is a National Health Priority Area

www.dementia.org.au

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When talking or writing about dementia please refer to [Dementia Language Guidelines](#).