

Brain Health Resource Guide

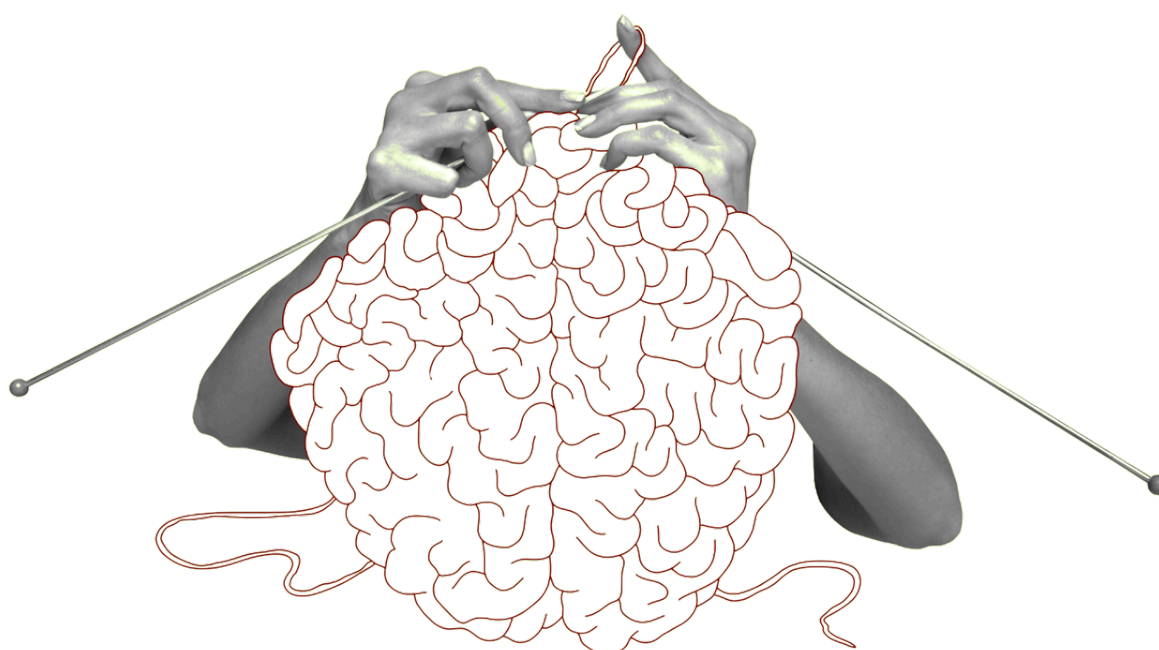
Understanding Dementia, Stroke, and Vascular Conditions

As dementia cases are projected to exceed one million in the UK by 2039, understanding and addressing brain health is more important than ever. This pamphlet aims to provide valuable information and support on dementia, stroke, and Alzheimer's disease by linking you to the best healthcare organisations, charities and advocacy groups in Scotland and the UK.

Whether you're seeking knowledge for yourself, a loved one, or to advocate for better brain health, the organisations and charities listed in this pamphlet will offer essential tools and information to help you make a difference in the fight against dementia and related conditions.

Take Part in Research

Taking part in clinical research is crucial for advancing our understanding of dementia, stroke, and related conditions. By participating in research studies, you can contribute to the development of new treatments, improve diagnostic tools, and enhance patient care.





Organisations & Charities:

The UK Dementia Research Institute (UK DRI) is a national initiative focused on understanding and fighting dementia. It brings together experts from leading UK universities to research the causes of dementia and develop new treatments.



UK Dementia
Research Institute



www.ukdri.ac.uk



enquiries@ukdri.ac.uk



+442031 086538

The Stroke Association offers support and information for individuals who have experienced a stroke. They believe everyone deserves to live the best life they can after a stroke.



www.stroke.org.uk



helpline@stroke.org.uk



0303 3033 100

Chest Heart & Stroke Scotland (CHSS) is Scotland's largest health charity working to help people with chest, heart, and stroke conditions live life to the full.



www.chss.org.uk



advice@chss.org.uk



0808 801 0899

NHS inform is a national health information service, giving quality-assured health information to the people of Scotland, including conditions related to dementia, stroke, and cerebral small vessel disease.



www.nhsinform.scot

Brain Health Scotland's mission is to inspire and empower you to protect your brain health and reduce your risk of diseases that lead to dementia.



Hosted & supported by
Alzheimer Scotland



www.brainhealth.scot



brainhealth@alzscot.org





THE UNIVERSITY of EDINBURGH
Row Fogo Centre for Research
into Ageing and the Brain

Small Vessel
Diseases Research

The BHF provides vital information and resources to help people manage their heart health, offering support through community programs, helplines, and online resources.



www.bhf.org.uk



heretohelp@bhf.org.uk



0300 330 3322



Alzheimer Scotland is Scotland's national dementia charity, dedicated to ensuring that no one faces dementia alone. Alzheimer Scotland provides services and support across Scotland to help you live well with dementia.



www.alzscot.org



0808 808 3000



The Alzheimer's Society provides support and information on dementia-related conditions. Their vision is a world where dementia no longer devastates lives.



www.alzheimers.org.uk



0333 150 3456



Age UK focuses on providing support and services for older people, especially those who are vulnerable or isolated. Age UK offers help with issues like healthcare, financial advice, social care, and housing.



www.ageuk.org.uk



info@agescotland.org.uk



0800 678 1602



The Brain Charity helps people with all forms of neurological condition to lead longer, healthier, happier lives.



www.thebraincharity.org.uk



info@thebraincharity.org.uk



0151 298 2999





THE UNIVERSITY of EDINBURGH
Row Fogo Centre for Research
into Ageing and the Brain

**Small Vessel
Diseases Research**

Take Part in Research:

The main focus of the Row Fogo Centre for Research into Ageing and the Brain is to improve the understanding of how blood vessel diseases can damage the brain, leading to stroke, cognitive decline, dementia, and mobility problems. Please visit our website to find out more about volunteering for research.



THE UNIVERSITY of EDINBURGH
Row Fogo Centre for Research
into Ageing and the Brain

Small Vessel Diseases Research



www.ed.ac.uk/clinical-brain-sciences/research/row-fogo-centre



rowfogocentre@ed.ac.uk

Join Dementia Research is a nationwide online and telephone service which helps people take part in research studies. It will accelerate the pace of dementia research by connecting people with and without dementia with researchers.



Anyone aged 18 years or over can sign up themselves, or on behalf of someone else, either by:



registering online at www.joindementiaresearch.nihr.ac.uk



contacting the helplines of Alzheimer Scotland (0808 808 3000 – free to call, open 24 hours a day, 365 days a year) or Alzheimer's Research UK (0300 111 5 111).

By signing up to the service, people give permission for researchers to contact them with details of studies in their area that match their profile. People can then decide if they would like to participate in those studies on a case-by-case basis. By registering, people do not have to take part in any studies and can opt-out at any time.

The NHS Scotland Neuroprogressive and Dementia Research Network delivers cutting-edge clinical research in neuroprogressive conditions and dementia across Scotland. Current trials are available for individuals living with dementia, Parkinson's disease, Huntington's disease, Motor Neuron Disease, and Multiple Sclerosis across various Health Boards in Scotland. As part of the NHS, permission is sought to access NHS medical records to screen patients and determine their eligibility before any contact is made. The mission is to provide everyone with the opportunity to participate in research, encouraging all to join the 'Permission to Contact' research database.



www.nhsresearchscotland.org.uk/research-areas/dementia-and-neurodegenerative-disease/get-involved



tay.ndntayside@nhs.scot



rowfogocentre@ed.ac.uk



www.ed.ac.uk/clinical-brain-sciences/research/row-fogo-centre



The Alzheimer Scotland Dementia Research Centre works with the University of Edinburgh to provide a high quality environment for dementia research. Researchers at the centre study the causes and treatments of dementia and support those who care for people with the condition. The centre also manages a collection of donated brain tissue for research purposes.



**Alzheimer Scotland
Dementia
Research Centre**

The Scottish Dementia Brain Tissue Bank is able to accept donations of brain tissue from people with a diagnosis of dementia who live on mainland Scotland. The Scottish Dementia Brain Tissue Bank is a collaboration between the Alzheimer Scotland Dementia Research Centre at the University of Edinburgh (ASDRC) and the NHS Research Scotland Neuroprogressive and Dementia Network.



www.alzscotdrc.ed.ac.uk



alzscotdrc@ed.ac.uk



For urgent correspondence and those related to the Scottish Dementia Brain Tissue Bank, please contact the Alzheimer Scotland 24 hour Helpline on: 0808 808 3000.

The Brain Health ARC is dedicated to create and support new cross-sectoral, multidisciplinary collaborations with a shared vision of improving our nation's brain health, making Scotland the 'go-to' destination for brain health research, and finding solutions to societal challenges associated with brain ageing.



BRAIN HEALTH ARC
Scottish Funding Council,
Alliance for Research Challenges in Brain Health



www.brainhealtharc.com



brainhealtharc@glasgow.ac.uk

The Edinburgh Brain Bank (EBB) collects and stores tissue from people with various neurological illnesses and diseases. Donated tissue is made available to researchers who are working towards finding treatments and cures for these diseases.

The EBB is extremely grateful for all donations to the bank, which make an incredibly valuable contribution to research. We advise anyone interested in donation to discuss their wishes with their family and to complete the relevant paperwork, which specifies what they wish to happen to their body after death.



CCBS
Centre for Clinical Brain Sciences



www.ed.ac.uk/clinical-brain-sciences/research/edinburgh-brain-bank



tracey.millar@ed.ac.uk



0131 465 9522





THE UNIVERSITY of EDINBURGH
Row Fogo Centre for Research
into Ageing and the Brain

Small Vessel
Diseases Research

The Edinburgh Centre for Research on the Experience of Dementia (ECRED) focuses on understanding and improving the lives of people with dementia. Our goal is to conduct international research that highlights the experiences of those living with dementia and to share that knowledge widely. We create a supportive environment for learning and collaboration, with the perspective of people with dementia at the heart of our work.



<https://blogs.ed.ac.uk/ecred/>

If you are interested in helping to shape and refine research, as a person with neuroprogressive conditions (including MS, MND, HD, Parkinsons and Dementia), a carer or as an interested member of the public, you have the opportunity to get directly involved in the network and help individual researchers develop their ideas. Professionals are also welcome to join us.



www.nhsresearchscotland.org.uk/research-areas/dementia-and-neurodegenerative-disease/get-involved



tay.ppipartners@nhs.scot



THE UNIVERSITY of EDINBURGH
Edinburgh Centre for Research
on the Experience of Dementia



**NHS Research Scotland
Partners In Research (Patient
and Public Involvement)**

Alzheimer's Research UK is dedicated to harnessing the power of research to defeat dementia. The organization funds pioneering studies aimed at making a meaningful impact on people's lives and is committed to increasing funding for future breakthroughs. It is driving a movement to support and participate in research, while also empowering people through a greater understanding of dementia.



**Alzheimer's
Research
UK**

Make
breakthroughs
possible



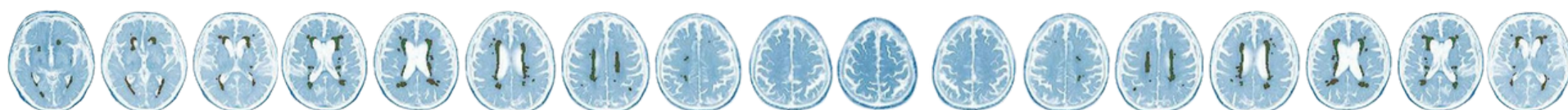
www.alzheimersresearchuk.org



info@alzheimersresearchuk.org



0300 111 5 111



rowfogocentre@ed.ac.uk



www.ed.ac.uk/clinical-brain-sciences/research/row-fogo-centre

Things that can reduce my risk of small vessel disease



Regular exercise



Lower cholesterol



Eat a healthy, balanced diet with a low sodium intake



Avoid smoking



Avoid excess alcohol



Get enough quality sleep



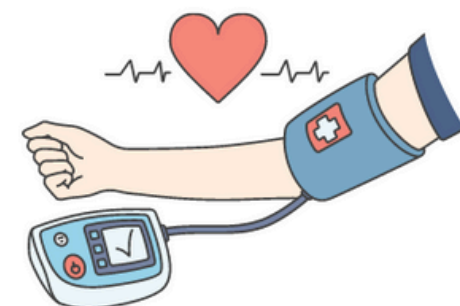
If you are pre-diabetic or diabetic, keep your blood sugar level well controlled



Maintain a healthy body weight



Avoid stress



Manage your blood pressure

Wardlaw, Joanna M et al. "European stroke organisation (ESO) guideline on cerebral small vessel disease, part 2, lacunar ischaemic stroke." *European Stroke Journal* vol. 9,1 (2024): 5–68. doi:10.1177/23969873231219416

Wardlaw, Joanna M et al. "ESO Guideline on covert cerebral small vessel disease." *European Stroke Journal* vol. 6,2 (2021): CXI–CLXII. doi:10.1177/23969873211012132