

Scientists from the University of Otago in New Zealand have discovered that the condition of the eyes may be linked to the risk of developing dementia. The study revealed that changes in the microcirculation of the retina might be early indicators of a potential risk of dementia.

Researchers focused on the blood vessels located in the back of the eye, which may reflect changes associated with Alzheimer's disease. For instance, the narrowing of arterioles and the widening of venules in the eyes are linked to an increased risk of cognitive impairments.

Dr. Ashley Barrett-Young, one of the study's authors, emphasized that the findings are still too preliminary to be applied in everyday practice. However, the data present opportunities for developing more accessible and effective methods of early diagnosis.

Using eye scans as a biomarker to identify individuals at risk of dementia could become a vital tool for early treatment.

A unique aspect of this study is that it is based on data from New Zealand's longest-running health research, with findings published in the *Journal of Alzheimer's Disease*.

