Researchers in the US have revealed that alcohol intake in later life is linked with dementia risk. The findings are published today (Friday 27 September) in the journal JAMA.

Dr. Sara Imarisio, Head of Research at Alzheimer's Research UK, said: "There's a well-established link between heavy drinking and the risk of dementia, but it is difficult to say whether moderate alcohol intake has any impact on brain health when compared to not drinking at all.

"Some non-drinkers may have a history of heavy alcohol use, and this makes it difficult to untangle links between drinking habits and health.

"This study only looked at people's drinking in later life, and we don't know about their drinking habits in their earlier years. Research suggests that our lifestyle in middle age may have the greatest impact on our future risk of dementia."