

## FINGERS Plus for Women: a New Collaboration between the Global BHP BrainTrust and FINGERS Brain Health Institute

*Joining forces to trigger a focused research effort addressing dementia risk in women, who make up two-thirds of Alzheimer's cases*

**Lausanne, Switzerland, October 2, 2024** – Today, the Global BHP BrainTrust and the FINGERS Brain Health Institute, led by Dr. Miia Kivipelto as a hub for FINGERS research scientific coordination worldwide in 68 countries, announced FINGERS Plus for Women, an initiative aimed at:

- Harnessing key findings from the FINGER study to raise awareness and explore innovative avenues for dementia prevention in women, across their lifespan, through tailored research and intervention programs.
- Offering women who face a higher genetic and biological predisposition targeted lifestyle interventions to reduce dementia risk

**Dr. Andrea Pfeifer, Chair of the Global BHP BrainTrust**, hosting a Lausanne XI reception at the Olympic Museum, launched the joint announcement framing this vision: “The ultimate goal is to influence national and global strategies and activities focused on brain health and dementia prevention for women, bringing together the unique experiences and networks of the BHP BrainTrust and FINGERS Brain Health Institute.”

The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) **is the first trial in the world** to demonstrate that multidomain lifestyle interventions can improve our brain health and prevent cognitive decline by about 30%. According to the latest evidence 45% of all dementias are likely linked to modifiable risk factors creating great potential for prevention.

**Dr. Miia Kivipelto** shared her excitement about this initiative “Studying sex and gender differences can be a gateway to precision medicine in dementia and Alzheimer’s disease. We aim to study sex and gender differences using the diverse WW-FINGERS data and initiate new preventive FINGERS Plus interventions combining FINGER with pharmacological or other interventions based on various risk profiles.”

The **FINGERS Plus for Women** initiative will promote and further develop the multi-domain preventive life-style intervention FINGER model and explore new modifiable risk and protective factors, such as stress, sleep, education, music, diet and the microbiome. It will stimulate joint, global actions to promote women’s brain health and induce the implementation of gender-based precision prevention approaches.

**About the Global BHP BrainTrust**

The Global BHP BrainTrust was initiated in 2020 by acknowledged and influential women leaders, dedicated to driving progress in addressing subtle gender disparities in brain health and elevating women's brain health to a pivotal position on the political agenda. Our mission is to tackle the disproportionate burden women bear by creating powerful platforms and campaigns to challenge the status quo of the world and by putting our utmost and supreme attention to women's brain health.

**About the Fingers Brain Health Institute**

The FINGERS Brain Health Institute (FBHI) was founded in 2019 by Professors Miia Kivipelto and Maris Hartmanis, supported by a group of donors and philanthropists with strong engagement in the field of healthy brain aging. FBHI drives, coordinates, and supports the continued clinical research that builds on the original FINGER study (Ngandu, Kivipelto, *et al.*, Lancet 2015), which showed that lifestyle factors have significant relevance in the prevention of cognitive decline. As a Global Scientific Coordinating Center for the World-Wide FINGERS Network, FBHI helps connect and support research teams conducting FINGER-based trials around the world. The network was established in 2017 and has grown to include scientific teams from 68 countries.

**For further information, please contact:****Global BHP Study Coordinator**

Dr. Stephanie Blum  
Chemin de Rennier 47  
1009 Pully  
Switzerland  
Phone: +41 79 201 98 19  
Email: [stephanie.blumsperisen@gmail.com](mailto:stephanie.blumsperisen@gmail.com)

**FINGERS Brain Health Institute**

Dr. Miia Kivipelto  
Karolinska vägen 37A, QA 32  
171 64 Solna  
Sweden  
Phone: +46 73 994 09 22  
Email: [miia.kivipelto@fbhi.se](mailto:miia.kivipelto@fbhi.se)