



**RECALL-Pilot: R**EDucing Cognitive decline and dementia**A** by  
Lowering bLood pressure – February 2024



The George Institute  
for Global Health

## Facts:

- Dementia is the second leading cause of death in Australia.
- There are currently around 472,000 people affected by dementia in Australia, which is predicted to double in the next 35 years.
- The risk of dementia can be reduced by maintaining a healthy lifestyle, eating a healthy diet, and staying physically active.

## Background:

- Dementia is a decline in thinking skills that affects our ability to conduct day-to-day activities. It is not a normal part of ageing however there is a greater risk of dementia as we age.
- Studies have shown that high blood pressure increases the risk of dementia. Some studies suggest that medication to lower blood pressure might help reduce the risk of dementia but there is insufficient evidence for clear recommendations.
- The RECALL-Pilot trial aims to address this gap in the current body of research.

## Aims:

- To encourage nationwide participation, RECALL-Pilot is trialling a new online approach to clinical trials, which will inform the future design of a larger clinical trial on dementia risk reduction.
- RECALL-Pilot will also collect information on blood pressure and cognitive skills.

## Methods:

- There are no face-to-face appointments in this study except for two blood tests – participants will carry out the rest of the pilot trial online from home.
- Eligible adults aged 70 or older will be asked to take a low-dose blood pressure medication for 60 days.
- Participants will need to have an email address, access to the internet and a computer/tablet to complete online assessments and cognitive tests. For more information on eligibility, visit [www.recall.org.au](http://www.recall.org.au)

## Impact:

- This research will generate further medical knowledge in the field of dementia prevention.
- The study's remote setting has the potential to reach a broader audience, promoting diversity and inclusion in clinical trials.
- Research findings will guide the design of a future longer-term study to understand if blood pressure lowering can help prevent mild cognitive impairment or provide other health benefits.

## Project Cycle:

2023–2024

## Partners:

The George Institute for Global Health, Australia

UNSW Sydney, Australia

Dementia Australia

## Supporters:

The George Institute for Global Health, Australia

## Principal Investigator:

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## Contact:

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