

PRESS RELEASE

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The Governor's Lecture: Prof. Rayman Examines the Link between Diet and Dementia

Margaret Rayman, an eminent British professor who has exhaustively researched the link between diet and disease, is one of the speakers at this year's edition of the Gibunco Gibraltar International Literary Festival. Her talk focuses on how best to adapt personal eating habits to help protect against the risk of developing dementia.

Professor Rayman has investigated the effects of diet on ailments such as dementia, arthritis, and prostate care. She has published several books and numerous scientific papers on the subject, including in the prestigious medical publication *The Lancet*.

One of her works, 'Healthy Eating to Reduce the Risk of Dementia: 100 Fantastic Recipes Based on Extensive, in-Depth Research' will form the basis of her lecture, which includes advice on dietary patterns and specific nutrients.

Dementia affects nearly 36 million people worldwide and there are 7.7 million new cases each year. She will be discussing the growing body of evidence that a healthy lifestyle can help to reduce the risk of this dreaded disease which has a dramatic impact on sufferers and their relatives.

Professor Rayman created the UK's first university-level degree programme on nutritional medicine. She has been a judge on the BBC Food and Farming Awards for the last four years, and lectures across the UK.

Minister for Tourism Samantha Sacramento said she was delighted that Professor Rayman was participating in this year's edition of the festival.

She declared: "Our Government is very committed to assisting sufferers of dementia and their families. So many people are affected by dementia in one way or another that our work on this is of paramount importance. Awareness and information is key so we took the opportunity of inviting Professor Rayman to our festival. Her presence is very much welcomed as it will continue to draw attention to a very serious condition which has been the subject of coordinated community awareness-raising initiatives in recent times. No doubt the talk will further promote these efforts.

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“The GSLP-Liberal Government has over the past four years led a complete and radical overhaul of the care services we provide to our elderly citizens. This includes the development of a comprehensive Dementia Strategy for Gibraltar and an investment in providing a Dementia Day Centre with capacity for 90 users and a purpose built residential facility with a capacity for 52 patients together with the delivery of domiciliary care to assist sufferers who remain at home.”

Her Excellency the Governor, Alison MacMillan, said: “Dementia is an illness that has touched many in our community. As part of the Gibraltar Literary Festival 2015 I am delighted to welcome Dr Margaret Rayman, a leading professor in her field, to present the Governor's lecture on the link between diet and dementia. This lecture builds on the excellent work of the Gibraltar Alzheimer's and Dementia Society, who recently hosted a very successful Awareness Conference, during which Angela Rippon gave an inspiring talk at the Convent to coincide with World Alzheimer's Day.”