The researchers note that one limitation of their systematic review is the quality of the studies examined, many of which had small sample sizes and low response rates.

They say further research is needed to determine health professionals’ attitudes, knowledge and practice to support the development of educational materials and policy to help prevent FGM.


**Alcohol in moderation can reduce mortality for people with mild Alzheimer’s**

Moderate alcohol consumption by people recently diagnosed with mild Alzheimer’s disease is associated with significantly reduced risk of death.

Researchers analysed data collected on 321 people in the early stages of the disease from their primary carers across Denmark.

The aim was to examine whether the positive association between moderate drinking and a reduced risk of cardiovascular death applied to people with Alzheimer’s disease.

About one in ten (8%) drank no alcohol and about one in 20 (4%) drank more than three units daily; most of the sample (71%) drank one or fewer units a day and 17% drank two to three units. During the monitoring period, 53 (16.5%) of those with mild Alzheimer’s disease died.

Consumption of two to three units of alcohol every day was associated with a 77% lowered risk of death compared with those who drank one or fewer daily units over a three-year period.

However, there was no significant difference in death rates among those drinking no alcohol or more than three units every day compared with those drinking one or fewer daily units.

The researchers say future studies should look at alcohol’s effects on cognitive decline and disease progression.


**Access to green space reduces risk of depression during pregnancy**

Depression during pregnancy can affect health, but living in green spaces can alleviate symptoms and lead to happier and healthier mothers.

Research from the Born in Bradford (BiB) study is the first to show a beneficial link between green space and depressive symptoms in pregnant women.

A total of 7,547 mums from the BiB cohort completed a questionnaire about their mental wellbeing during pregnancy. Researchers also collected detailed lifestyle information including ethnicity and health behaviours, including physical activity.

Using satellites, the team then calculated how ‘green’ the environment in which each participant lived was at the time of the survey. This allowed them to look at the relationship between green space and depression, controlling for all other lifestyle, demographic and socioeconomic factors.

Pregnant women in greener areas of Bradford were 18%-23% less likely to report depressive symptoms than those living in less green areas, while 33.5% of women reported at least one severe depressive symptom. The beneficial effects of green space also appeared stronger for more disadvantaged groups and individuals who were already physically active.

Researchers conclude that improving green space is a promising intervention to reduce risk of depression in pregnancy in disadvantaged groups.