



"ESTO PERPETUE"

THE HARVEIAN SOCIETY OF LONDON  
FOUNDED 1831  
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Dear Member,

The next meeting of the 2026 Session will take place on Wednesday 13<sup>th</sup> May 2026 when Professor Lefkos Middleton MD FRCP will deliver his lecture on:

### **RECENT ADVANCES IN ALZHEIMER'S DISEASE AND DEMENTIA**

Lefkos Middleton is Professor of Neurology at the AGE Research Unit, School of Public Health, Imperial College London (ICL), and honorary Consultant of the Imperial College NHS Healthcare Trust (ICTH). Professor Middleton studied Medicine and trained in Neurology at the Université Louis Pasteur (Strasbourg, France). He then became Neurology Fellow at the Presbyterian Hospital and Assistant Professor, Columbia University. He was founder and first Chairman of the US – funded Cyprus Institute of Neurology and served as Head of the Department of Translational Medicine and Genetics in GSK-R&D, before joining Imperial. Over the years, he has served on several executive and advisory scientific committees (national, European and international) and is Associate Editor of JPAD.

Professor Middleton is the principal investigator of the CHARIOT Register, comprising of >40,000 healthy volunteers for observational and interventional trials in Alzheimer's disease (AD) and other age-related diseases. Prof. Middleton is the PI for the industry-funded CHARIOT:PRO longitudinal study on pre-clinical AD, chief investigator (CI) for ICL of the BEAD - PC study on the implementation of blood-based biomarkers in primary care; the Co-PI for the ICTH site of the MET-FINGER RCT, he is also co-PI of the large-scale virtual e-FINGER PRINT study. He has been Chief UK investigator in three AD trials and has authored 246 manuscripts, with 25,500 citations.

*Emerging blood-based biomarkers are poised to transform research and clinical practice in ageing and age-related neurodegenerative diseases, such as Alzheimer's disease. These high-span targeted plasma assays of disease-relevant proteins indexing underlying pathobiology, dimensional multi-omics profiles that are already disentangling disease heterogeneity and multifactorial complexity whilst unravelling convergent pathways across neurodegenerative conditions. In parallel, multi-dimensional approaches involving proteomics, epigenetics, and advanced imaging modalities are refining assessments of organ and system-specific biological age relative to chronological age. Coupled with rapidly advancing AI-driven analytics, these approaches are enhancing our understanding of the complexity of aging and risk (as well as residence) of Alzheimer's disease and related diseases.*

*Translation into medical practice signals a shift from a one-size-fits-all model toward a data-driven, personalized interventional paradigm that integrates tailored lifestyle strategies with pharmacologic combination therapies. The primary goals are to preserve healthy ageing, strengthen resilience and prevent disease in alignment with individual risk profiles.*

The Harveian Society of London is a Registered Charity, No.212233

**There will be a buffet supper at 6.45pm followed by the Lecture. The cost of the supper will be £47 per person for members and guests.** You are asked to pay by BACS and email the Executive Secretary if you wish to attend. If paying by cheque, please send your remittance with the slip below to reach the Executive Secretary by Monday 11<sup>th</sup> April.

Yours faithfully,  
Dr Joanna Brown, Hon Secretary

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To the Executive Secretary, 11 Chandos Street, London W1G 9EB

I wish to attend the Buffet Supper on Wednesday 13<sup>th</sup> May 2026 and enclose my cheque for myself and ..... guest(s) at £47 PER PERSON. BACS payments to Sort Code 20 71 74 Acct 30152145. **Please use your surname and date of the meeting as a reference and send an email to [harveiansoclondon@outlook.com](mailto:harveiansoclondon@outlook.com) to confirm your booking.**

I wish to attend the lecture only (no fee payable)

Name in CAPITAL letters please.....

E mail address..... Dietary Requirements .....

