

A TREATMENT for Alzheimer's disease will be available within a decade and may ultimately be prescribed in a similar way to statins to prevent the onset of the illness, experts have predicted.

John Hardy, a dementia expert from University College London, said that drug trials were showing such promise that he believed we are now "in an era of great optimism". He said it was likely that

On target for pill to treat dementia by 2025

drugs would be available by 2025 that will radically push back the age at which people develop dementia.

"We're on target for therapies by 2025," he said. "All of us are excited about the drug trials. In the coming year we will know if we are at the start of a new era of better treat-

ments for slowing or stopping the development of Alzheimer's."

Last year pharmaceutical firm Eli Lilly announced that early trial results showed the drug solanezumab could prevent mental decline from Alzheimer's disease by a third.

It is the first time that a med-

ication has been shown to work on the underlying disease process itself rather than the symptoms by clearing out the sticky amyloid plaques that stop brain cells from communicating with one another.

The drug would be given by infusion, but experts say that there could come a time when people at

risk of dementia are screened and given preventative drugs, just as statins are used to prevent heart problems.

Doug Brown, director of research and development at Alzheimer's Society, said the development of treatments that can slow the rate of memory loss in Alzheimer's would "be life-changing for people with the condition". — © *The Daily Telegraph*

How to survive Blue Monday and beyond

CONGRATULATIONS: you've survived the first week of the year back at work.

But you may not feel like celebrating: Blue Monday — the third Monday of January, supposedly the most depressing day of the year — lies ahead, followed by another 50 weeks of 2016, a proportion of which will be Bad Days.

You know the ones: the commute from hell, run-ins with irritating colleagues, and unrealistic deadlines.

But before you collapse sobbing on your desk, there is good news. According to Caroline Webb, a former partner at management consultancy McKinsey, those bad days could be a thing of the past. Using psychology and neuroscience, she has written a book designed to help you have a good day at work every day.

"So many people are having days of dissatisfaction," said Webb, whose book *How to Have a Good Day: Think Bigger, Feel Better and Transform Your Working Life* is out this week.

Here are her top tips for surviving work every day:

● **Sing your favourite song**
One way to bypass stress is by singing to yourself. "Our brains are very associative and we have to experience only one good thing to trigger thoughts related to it," said Webb.

Dealing with demoralising dissatisfaction is an art form

● **Glamourise your to-do list**
Your to-do list is a vital part of boosting your mood at work.

"It's all about making your brain happy," said Webb. "Tick things off, looking only at what you have to do that day, such as 'Go for a walk'."

● **Take smart breaks**
"We've got a tendency to think breaks are just nice to have, but they are as much a part of the working day as when we are working."

● **Strike a pose**
Research published in the *Journal of Personality and Social Psychology* found the key to success at work is not talent but confidence. But what happens if you don't have any? Webb advises a "fake it till you make it" approach.

● **Deal with irritating colleagues**
"Think about what might be going wrong in their day," Webb said. "You don't have to believe them, but the idea that there could be a reason behind their snappiness can help you feel empathy towards them."

— © *The Daily Telegraph*



BUILDING HISTORY: Cape Town Film Studios CEO Nico Dekker on the Robben Island Backlot Set at the Faure facility

Picture: RUVAN BOSHOFF

Lights, sound, action

Cape's newest film studio poised to host Hollywood's best and biggest

JEROME CORNELIUS

CAPE Town Film Studios, the toast of the developing film world, is about to open its fifth and best studio and is poised to host more big-budget movies featuring Hollywood stars.

From Charlize Theron to Stephen Fry, big names have flocked to the studios alongside the N2 in Faure for big-budget shoots.

The first custom-built film studio in Africa will add a fifth sound stage to its arsenal on January 25, with the first production set to begin shooting on February 1.

CEO Nico Dekker said even without the new studio, the facility was highly regarded.

"We've had visitors from Sony, Universal, Disney and Paramount

and they said they've never seen anything like this," he said.

The studios launched amid the global financial crisis in 2008.

"People couldn't believe this was possible in Africa," said Dekker.

"Now we're all concerned about the rand plummeting. Imports are more expensive but on pure affordability it makes us more attractive to overseas investors.

"What we're doing here is changing mindsets about the country. We're not normally thought of as innovative — we're a good location, good people, animals, sport and [have the] ability to adjust to demands. Perception of our country has been changed to creative, innovative and getting things done fast."

Showing off the new studio,

Dekker moved the 20-ton sound-proof door that can divide it in half. The panelled divider takes 10 minutes to move.

The design for the main entrance to studio five is a South African innovation, with Dekker instrumental in the design and concept of

all the studios.

The door features sensors for safety and a mechanism to lock the 2.5-ton door in place and slide it back up with the use of a single motor, shielding the filming space from the wind. It also features silent air-conditioning.

"You can shoot while the aircon is running. That's a challenge in a big studio like this."

In five years, 40 000 people have been employed for productions hosted by the studios and the demand keeps growing. Dekker said he had turned away 35 productions because they could not keep up with the number of requests.

"If I had my way, I'd build 18 more studios and all would be filled. It's my dream to build a new studio every year," he said.

Perception of our country has been changed to creative, innovative

Humans grab wheel as driverless cars head for collision

GOOGLE has revealed that humans have had to take over the wheel of its driverless cars 341 times over 14 months to avoid accidents.

The company revealed the figures in a filing with California's Department of Motor Vehicles. The regulator requires all testers of "autonomous vehicles" to report malfunctions.

Google's self-driving cars have

clocked up more than 2 million kilometres in California and Texas since testing began in 2012, and Google says they have never caused an accident.

But the report reveals that humans have had to intervene 13 times to avoid collisions between September 2014 and November 2015. In another 69 cases, the driver had to take control to prevent dangerous driving.

In 272 cases, drivers had to take the wheel to deal with "software failures", such as failing to perceive obstacles or not anticipating pedestrians crossing the road.

The figures show that although billions are being invested in driverless cars, the technology is still far from complete.

Google says that its drivers "err on the side of caution and take manual control if they have any

doubt about the safety of continuing in autonomous mode."

The company also said it has made great strides in just 15 months in reducing the frequency with which humans are required to intervene.

"As we develop and refine the self-driving software, we are seeing fewer disengagements of this type, despite more miles being driven."

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