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Dr Alladi specializes in cognitive and behavioral neurology and has around 20 years of clinical, training and research experience in dementia and cognitive disorders. Dr Alladi coordinates a multidisciplinary specialist service that provides comprehensive assessment, diagnostic services, treatment, and support to individuals living with dementia and their families.

Her research interests are Alzheimer's disease, Frontotemporal and Vascular dementia, especially in the context of developing countries and cross-cultural neuropsychology. Her work focuses on investigating complex influence of life-course experiences, especially bilingualism, education and social engagement to understand development of resilience against dementia. She is the principal investigator of several national and international studies in the area of dementia funded by Wellcome Trust, Research Councils UK, Indian Council of Medical Research, DST and DBT, Govt of India and leads an innovative public health project, Karnataka Brain Health Initiative.

She represents cognitive disorders in less-developed societies in international platforms and is Vice-Chair ISTAART, Alzheimer's Association, Co- Chair of the Special Interest group on Bilingualism and Languages of the Alzheimer's Association, and Chair of World Federation of Neurology, Research group on Aphasia Dementia & Cognitive disorders.