

5 WAYS TO REDUCE RISK

Make Healthier Lifestyle Choices -

This could be as simple as reducing alcohol intake, stopping smoking and looking at nutrition.

Leisure Or Hobbies -

Why not take up a new hobby? Puzzles? Reading? Learn a new language? Or visit a Museum?

Social Interaction -

To maintain brain function, socialising has a positive impact, preventing loneliness and isolation.

Increase Physical Activity -

Small changes, like walking instead of driving to the shop can benefit your health, along side day to day activities and chores.

Further Education -

Researching topics of interest or partaking in a training course can protect the brain.

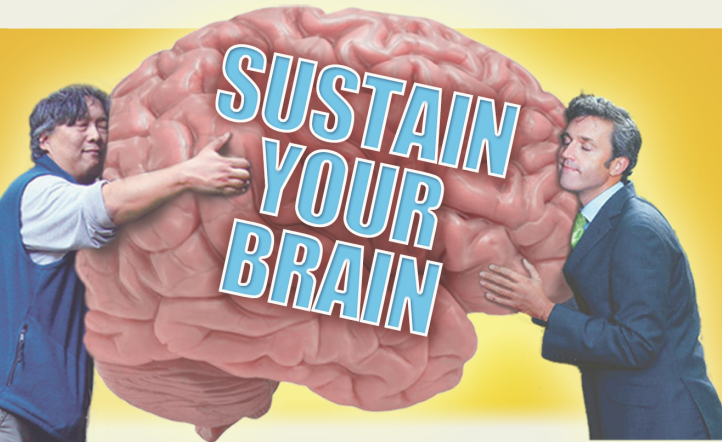
DID YOU KNOW?

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More people will develop dementia in the coming decades. This is due to the world population getting older, age is the greatest risk factor for dementia.

There are many diseases that can cause Dementia and most of these are associated with getting older. The most common one is Alzheimer's disease.

The gradual decline caused by dementia can create noticeable changes over time to the following:
Movement, Balance and Co-ordination, Memory & Decision Making, Vision and Senses, Sleep, Mood, Personality and Speech.



5 ways to help prevent dementia in later life.

INTRODUCTION

Dementia is a term that we use to refer to a gradual decline in mental function and ability to carry out everyday tasks but is it really possible to prevent?

Prevention means trying to stop something, such as a disease, happen at all. If we pay attention to those risk factors across the life course, we might reduce dementia by about a third over time. We can be healthy and optimise our ageing and brain health.

Dementia is not inevitable.

So why are we so keen to help prevent Dementia?

Dementia affects millions of people worldwide and is now considered as one of the most significant health issues of the 21st century.

Current evidence suggests that one third of Alzheimer's disease cases may be preventable, with minor changes to health and lifestyle.



RISK FACTORS

There are several big risk factors that have been identified from across the life course, which can be linked to risk of dementia.

These include many health related factors:



Diabetes

High Blood Pressure

High Cholesterol

Obesity

Traumatic Brain Injury

Depression

Smoking

Excessive Alcohol Consumption

Diet High in Saturated Fat

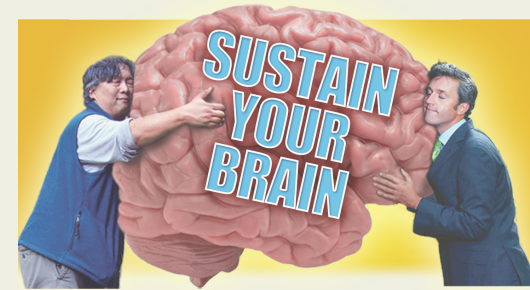
Low Educational Level

Environmental Factors



Eating foods that are high in fat, can put you more at risk of Dementia. Examples of these are; Butter, Margarine, Cheese, Fried/Fast Foods, Pastries, Cake, Sweets as well as Red Meats.

You should also aim to drink no more than 14 units of alcohol a week. Drinking more than this, can put you at risk of alcohol-related brain damage.



FURTHER INFORMATION

Further Support & Advice

Alzheimer's Society

www.alzheimers.org.uk

NHS

www.nhs.uk/conditions/dementia

Age UK

www.ageuk.org.uk



Dementia UK

www.dementiauk.org

Sources of Information: We acknowledge the source as the Preventing Dementia MOOC offered by the Wicking Dementia Research and Education Centre at the University of Tasmania.

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