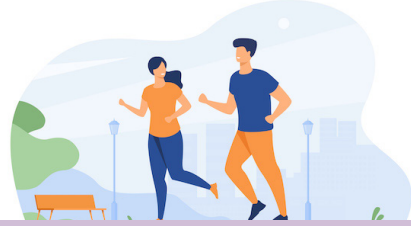


1 Physical Inactivity



Exercise contributes to the prevention of dementia as it improves heart health, blood circulation and co-related health conditions such as obesity, diabetes, and hypertension. Set aside 30 minutes each day for physical activity.

2 Excessive Alcohol Consumption



Heavy alcohol consumption is associated with several mental and physical disorders. Reducing your alcohol consumption can protect your brain to decrease your risk of dementia!

3 Smoking



Smoking increases the risk of vascular problems, including strokes or smaller bleeds in the brain, which are also risk factors for dementia.

4 Social Isolation



The quality, satisfaction, support, and exchange of an active social life can reduce the risk of developing dementia and slow down the decline in cognitive function. Stay connected regularly with family, friends, and social groups.

5 Level of Education



Education maintains an individual's cognitive reserve — one's resistance to damage of the brain. Challenge yourself by continuing to learn new things and by engaging in new activities

7 Air Pollution



There is a growing amount of research that shows there is a connection between air pollution and dementia. When travelling by car, avoid busy streets at busy times. Avoid wood fires and consider installing a home air filter.

9 Hypertension/High Blood Pressure



There is a strong link between the health of the heart and brain. Maintaining a healthy cardiovascular system, by avoiding hypertension is important in preventing dementia. If you have hypertension, take your prescribed medication to manage your blood pressure.

10 Diabetes



People with Type 2 Diabetes are at risk of dementia. Following prescribed medication and diet to manage or avoid diabetes are important ways to control the risk of dementia.

11 Depression



If you constantly feel sad and demotivated, see your doctor. Ask for help through a combination of self-care, support groups and therapy.

12 Hearing Impairment



Wear hearing aids to balance any hearing loss and wear ear protection such as earmuffs and mouldable ear plugs when you can't avoid excessive noise.

12

Dementia Risk Factors You Can Alter

