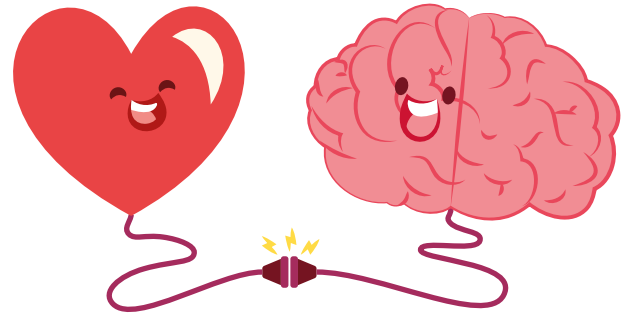


What's good for the heart is good for the brain

Things you can do to help reduce your risk of dementia



There are things you can do to reduce your own risk of developing dementia. These include keeping active, eating healthily, and exercising your mind. Your lifestyle has a profound impact on your brain health.

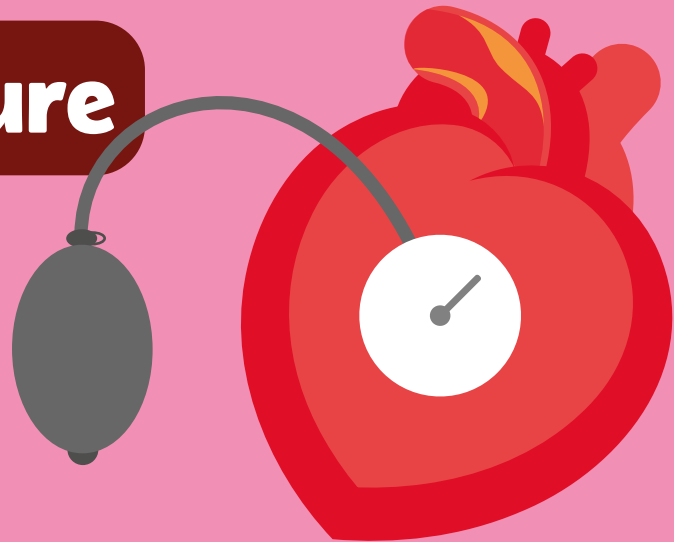
Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65). The younger you start the better, so start as early as possible!

High blood pressure

As you get older, you are more likely to develop certain health conditions, such as high blood pressure.

These conditions can increase the risk of getting dementia. An important way to avoid this is by going for your free NHS Health Check.

Your GP may invite you to one, or you can book an appointment by contacting them.



Did you know?

- High blood pressure can increase the risk of developing dementia.
- Vascular dementia is the second most common form of dementia after Alzheimer's disease.
- It is caused by reduced blood flow to the brain, which starves brain cells of the oxygen and nutrients they need to function correctly.
- Midlife systolic blood pressure control should aim for 130 mm Hg or lower to delay or prevent dementia. [Blood Pressure UK's website](https://www.bloodpressureuk.org/)
- Long-term research studies have demonstrated that people who had high blood pressure in mid-life (from 40–64 years of age) were more likely to develop dementia in later life, particularly vascular dementia.

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When you sign up to Join Dementia Research, the information you provide is used to match you to studies you may be able to take part in, both online, nationally and in your local area. Help beat dementia by signing up today.