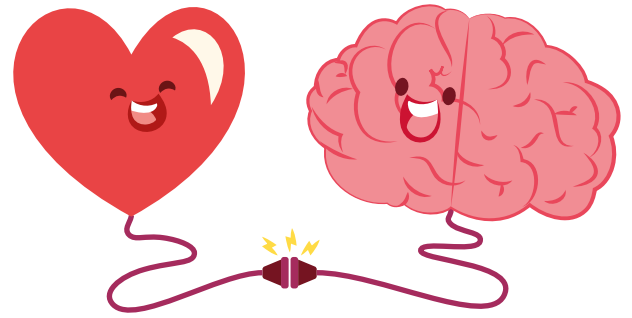


What's good for the heart is good for the brain

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!

Hearing

If you have hearing loss, you have a greater chance of developing dementia, according to a 2020 report that lists hearing loss as one of the top risk factors for dementia.

Hearing loss can make the brain work harder, forcing it to strain to hear and fill in the gaps at the expense of other thinking and memory systems.



Did you know?

- Hearing loss may increase your risk of getting dementia, however, the reasons for this are still unclear. 8% of dementia cases.
- Many people start to lose their hearing as they get older, though they may not notice it at first.
- To avoid hearing loss and increasing your risk of getting dementia, it's important to get your hearing tested.
- Hearing loss has long-term effects on health. It's believed to increase the risk for falls and depression.
- People with hearing loss have, over 10 years, a 47% increased rate of hospitalisation.
- You may be able to book a free hearing test at your local optician or speak to your GP about being referred to an audiologist (a doctor for hearing).

Join dementia research - register your interest in dementia research : [nihr.ac.uk](https://www.nihr.ac.uk)

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.