



## WHAT IS GOOD FOR THE HEART IS GOOD FOR THE BRAIN



**Getting old does not mean you will get dementia!!**

### 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.

What you eat and drink, how much you exercise, how well you sleep, the way you socialise, and how you manage stress are all critically important to your brain health.

There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65).

No single behaviour is guaranteed to prevent dementia, and some are easier to change than others.

### How to reduce your risk of dementia?

A lifelong approach to good health is the best way to lower your risk of dementia. The younger you start the better, so start as early as possible.

There are some lifestyle behaviours with enough evidence to show that changing them will reduce your risk of dementia.

### Smoking



Long-term smokers lose on average 10 years of life, compared to those who have never smoked.

Stopping smoking in middle age and keeping other risk factors under control will reduce the risk of dementia. [\*ASH Action on Smoking and Health example-smoking-disease.png\*](#)

### Did you know?

- If you smoke, you're putting yourself at a much higher risk of developing dementia later in life.
- Smoking does a lot of harm to the circulation of blood around the body, particularly the blood vessels in the brain, as well as the heart and lungs.
- Smoking can cause long-term negative effects on the body, including heart disease, cancer, and diabetes.
- It's never too late to quit smoking, however, the earlier you stop, the more brain damage you will avoid. Support is available to help you stop. [NHS website](#)

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