



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.

Social Contact



Social isolation is linked with an increased risk of developing dementia.

It is thought that social contact helps with resilience against the effects of Alzheimer's disease in the brain – known as cognitive reserve. (Source: Alzheimer's Society)

Did you know?

- Research has found that social relationships—both quantity and quality—affect mental health, health behaviour, physical health, and mortality risk.
- Adults who are more socially connected are healthier and live longer than people who are more isolated.
- As you get older engaging in mental or social activities may help to build up your brain's ability to cope with disease, relieve stress and improve your mood.
- This means doing these activities may help to delay, or even prevent dementia from developing. [staying social](#)

Join Dementia Research. 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 and [Join dementia research - register your interest in dementia research : Home](#)