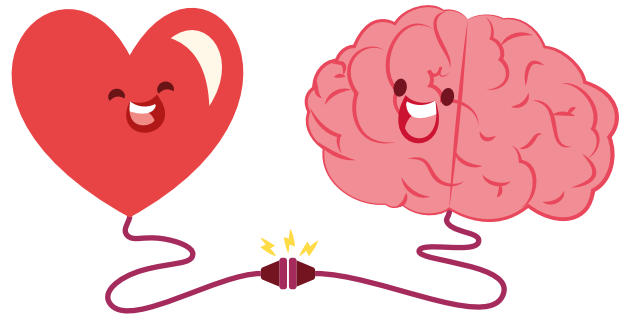


What's good for the heart is good for the brain

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!

Depression

Most people feel low or sad from time to time. This is not the same as being depressed. Depression is a condition that can last for several weeks or months.

At least one in five people in the UK will have depression at some time in their lives. Depression is often diagnosed when a person is in the early stages of dementia. However, it can develop at any stage. Depression can also come and go.



Did you know?

- It is likely that depression is a risk factor for dementia. alzheimers.org.uk
- If you feel you might be getting depressed, seek help early.
- If you often feel low, anxious or irritable, talk to your GP or contact a mental health organisation such as Lincolnshire Partnership Foundation Trust.
- Depression might be a risk for dementia, but in later life dementia might cause depression.
- Sleep is very important for your mental wellbeing, and it may reduce your risk of dementia. A good night's sleep for many people is around seven to eight hours.

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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.