



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.

High Blood



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

These conditions can creep up on you without realising and 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. Don't ignore it, go for regular check-ups!!

Did you know?

- High blood pressure can increase the risk of developing dementia.
- Midlife systolic blood pressure control should aim for 130 mm Hg or lower to delay or prevent dementia. [Blood Pressure UK's website](#)
- Long-term research studies have shown 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.
- 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.

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