



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.

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. (Source: Alzheimer's Society)

Did you know?

- It is likely that depression is a risk factor for dementia. [Depression and dementia | Alzheimer's Society \(alzheimers.org.uk\)](https://www.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.

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](https://www.alzheimers.org.uk)