



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).

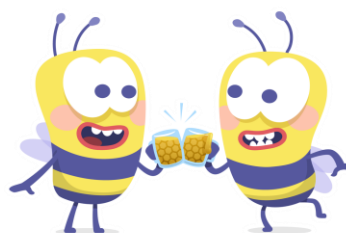
No single behaviour is guaranteed to prevent dementia, and some are easier to change than others.

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.

Alcohol



Alcohol-related brain damage (ARBD) is a brain disorder. It is caused by a person regularly drinking too much alcohol, or binge-drinking, over several years.

There are different types of ARBD. People who get ARBD are generally aged between about 40 and 50. (Source: Alzheimer's Society)

Did you know?

- Drinking [too much alcohol](#) increases your risk of developing dementia.
- To check how much you're drinking, record your units over the week – and be honest.
- For men and women, you are safest not to drink more than 14 units per week.
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more (avoid binge drinking)
- If you want to cut down, set yourself a limit for each time you drink (and keep to it).
- Try smaller glasses or drinks with lower alcohol content.

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