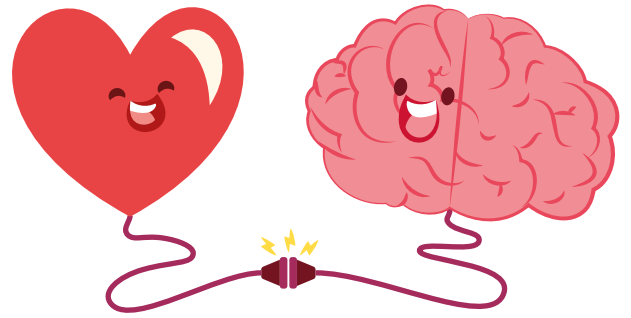


What's good for the heart is good for the brain

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!

Alcohol consumption

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.

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.

Join dementia research - register your interest in dementia research : [nihr.ac.uk](https://www.nihr.ac.uk)

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.