



## 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 Cholesterol



High cholesterol is a common, treatable condition that increases the risk of several other serious conditions. Cholesterol is a type of fat that's found in the blood, most of it is produced by our livers. There are different types of cholesterol, some bad, and some good.

HDL: often called 'good cholesterol,' it carries excess cholesterol away from our blood and cells, back to the liver where it is broken down,  
LDL: this is known as bad cholesterol, too much of this clogs our blood vessels and leads to serious health problems such as stroke, heart disease and dementia.

### Did you know?

The term 'high cholesterol' is used when there is too much LDL cholesterol or total cholesterol in your blood.

- Having high levels of LDL cholesterol (bad cholesterol) in our 40s, 50s and 60s is associated with an increased risk of dementia.
- Lots of different factors can contribute to having high cholesterol, these include:
  - eating too much fatty food.
  - not doing enough physical activity.
  - being overweight.
  - smoking.
  - drinking alcohol.

It can also run in families, so you're at higher risk if you have a parent or sibling with high cholesterol. High cholesterol is symptomless, **so having it checked regularly from midlife is a good idea.**

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