



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.

Air Pollution



Exposure to a high level of air pollution increases a person's risk of developing dementia. Key sources of air pollution include transport, domestic heating, agriculture, energy generation and industry. This includes very small particles from traffic fumes and from burning wood in a fireplace.

“It is not possible to say that air pollution causes dementia, but people exposed to more air pollution are more likely to develop dementia”. (Source: Alzheimer's Society)

Did you know?

- Air pollution is not only bad for your lungs, but also for your brain. It may increase your risk of dementia, a condition that affects memory and thinking.
- Exposure to a type of air pollution called fine particulate matter, or PM2.5, has recently been identified as a potential risk factor for dementia. [guidelines for air pollution](#).
- The reason for the connection is not yet well understood but researchers do know that fine particulates can affect the lungs, circulate in the blood, and move into the brain where they might be able to cause direct damage.

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