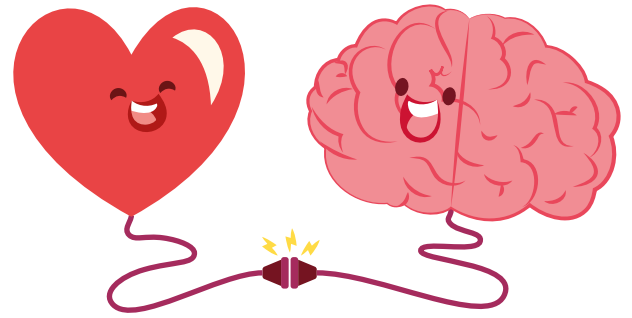


# What's good for the heart is good for the brain

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!

## Smoking

Long-term smokers lose on average 10 years of life, compared to those who have never smoked.

Stopping smoking in middle age and keeping other risk factors under control will reduce the risk of dementia.

**ASH Action on Smoking and Health**



## Did you know?

- If you smoke, you're putting yourself at a much higher risk of developing dementia later in life.
- Smoking does a lot of harm to the circulation of blood around the body, particularly the blood vessels in the brain, as well as the heart and lungs.
- Smoking can cause long-term negative effects on the body, including heart disease, cancer, and diabetes.
- It's never too late to quit smoking, however, the earlier you stop, the more brain damage you will avoid. Support is available to help you stop. [NHS website](https://www.nhs.uk)

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