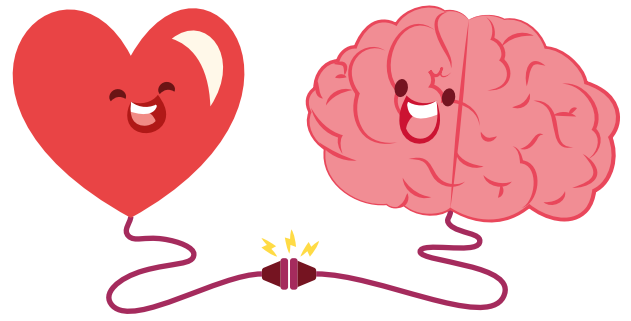


What's good for the heart is good for the brain

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!

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?

- Having high levels of LDL cholesterol (bad cholesterol) in our 40s, 50s and 60s is associated with an increased risk of dementia.
- 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
- 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.

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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.