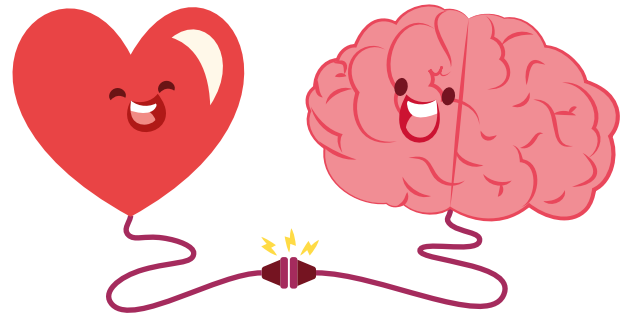


What's good for the heart is good for the brain

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!

Social contact

Social isolation is linked with an increased risk of developing dementia.

It is thought that social contact helps with resilience against the effects of Alzheimer's disease in the brain – known as cognitive reserve.

Alzheimer's Society



Did you know?

- Research has found that social relationships—both quantity and quality—affect mental health, health behaviour, physical health, and mortality risk.
- Adults who are more socially connected are healthier and live longer than people who are more isolated.
- As you get older engaging in mental or social activities may help to build up your brain's ability to cope with disease, relieve stress and improve your mood.
- This means doing these activities may help to delay, or even prevent dementia from developing. www.agespace.org

Join dementia research - register your interest in dementia research : 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.