



## 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.

## Diabetes



Research shows that type 2 diabetes increases a person's risk of developing dementia. Dementia risk also increases with the length of time someone has diabetes and how severe it is.

However, it is important to note that diabetes is only a risk factor and does not mean that a person with diabetes will go on to develop dementia. In people with type 1 diabetes, severe blood sugar highs and lows are also associated with increased risk of developing dementia. (Source: Alzheimer's Society)

### Did you know?

- Diabetes is a risk factor for both Alzheimer's disease and vascular dementia.
- It is also a known risk factor for atherosclerosis and stroke, both of which contribute to vascular dementia. [Diabetes and dementia: Is there a link? \(medicalnewstoday.com\)](https://www.medicalnewstoday.com/articles/322822.php)
- More recent studies have shown that diabetes also increases your risk of dementia.
- Sustained exercise in midlife, and possibly later life, protects from dementia, perhaps through decreasing obesity, diabetes, and cardiovascular risk.
- Keeping to a healthy weight will reduce your risk of type 2 diabetes, stroke and heart disease. Alcohol contains hidden calories, so be aware of how much you drink.

**Join Dementia Research.** 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 and [Join dementia research - register your interest in dementia research : Home](https://www.alzheimersociety.org.uk/join-dementia-research)