



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.

Hearing



If you have hearing loss, you have a greater chance of developing dementia, according to a 2020 report that lists hearing loss as one of the top risk factors for dementia.

Hearing loss can make the brain work harder, forcing it to strain to hear and fill in the gaps at the expense of other thinking and memory systems.

(Source: The Lancet commission)

Did you know?

- Hearing loss may increase your risk of getting dementia, however, the reasons for this are still unclear. [8% of dementia cases](#).
- Many people start to lose their hearing as they get older, though they may not notice it at first.
- To avoid hearing loss and increasing your risk of getting dementia, it's important to get your hearing tested.
- Hearing loss has long-term effects on health. It's believed to increase the risk for falls and depression.
- People with hearing loss have, over 10 years, a 47% increased rate of hospitalisation.
- You may be able to book a free hearing test at your local optician or speak to your GP about being referred to an audiologist (a doctor for hearing).

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