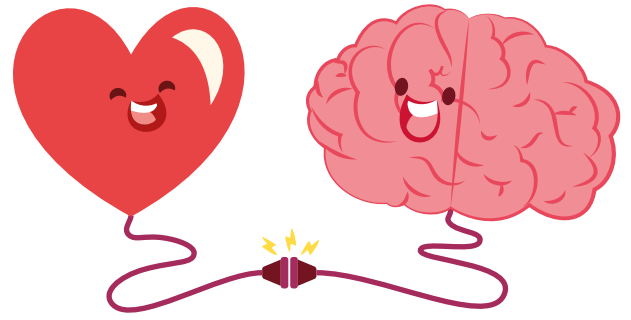


What's good for the heart is good for the brain

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!

Head injury

Most traumatic brain injuries (TBIs) are caused by falls, being struck by an object or by vehicle crashes. One of the most feared long-term consequences of TBIs is dementia.

Certain types of TBI may increase the risk of developing Alzheimer's or another type of dementia years after the injury takes place. Look after your head!



Did you know?

- Traumatic brain injuries (TBIs) are caused by a blow or jolt to the head – especially when the person is knocked unconscious.
- TBIs can start a process in the brain where the substances that cause Alzheimer's disease build up around the injured area. [Webmd head injuries](#)
- Serious TBIs in younger people are mostly caused by: road traffic accidents, an object accidentally hitting their head, active service in the armed forces, some sports (particularly boxing, cycling, skiing and horse-riding).
- Try to wear protective headgear in situations where there is a higher-than-normal risk of head injury for example, riding a bike, working on a building site, horse-riding or playing cricket.

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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.