



## 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.

#### Education



Studies on dementia have consistently showed that the more time you spend in education, the lower your risk of dementia.

Research published in 2020 by The Lancet Commission that examined dementia interventions found 7% of worldwide dementia cases could be prevented by increasing early-life education. The study found higher childhood education levels and higher lifelong educational attainment could reduce dementia risk. Exactly how education helps is a mystery, but researchers have several theories.

#### Did you know?

- Getting a good education is really important in early life. [Higher Ed, Lower Risk | Alzheimer's Association](#)
- Early-life (younger than 45 years) risks, such as less education, affect cognitive reserve.
- If you can keep your mind stimulated, you are likely to reduce your risk of dementia.
- Regular mental activity throughout a person's lifetime seems to increase the brain's ability.
- This helps build up a 'cognitive reserve' and allows the brain to cope better with disease.
- Continued learning and keeping your brain active throughout your life will strengthen cognitive reserve.

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