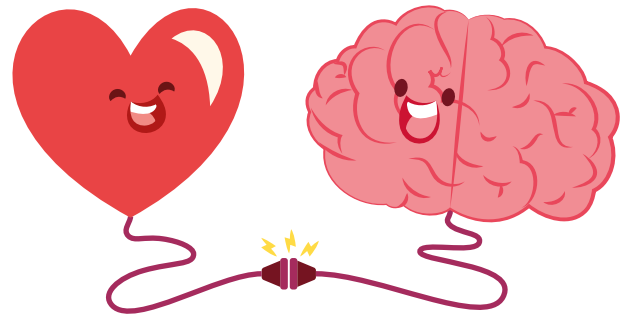


What's good for the heart is good for the brain

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!

Air pollution

Exposure to a high level of air pollution increases a person's risk of developing dementia. This includes very small particles from traffic fumes and from burning wood in a fireplace. It is not possible to say that air pollution causes dementia, but people exposed to more air pollution are more likely to develop dementia.

Alzheimer's Society



Did you know?

- Air pollution is not only bad for your lungs, but also for your brain. It may increase your risk of dementia, a condition that affects memory and thinking.
- Exposure to a type of air pollution called fine particulate matter, or PM2.5, has recently been identified as a potential risk factor for dementia. [Guidelines for air pollution.](#)
- The reason for the connection is not yet well understood but researchers do know that fine particulates can affect the lungs, circulate in the blood, and move into the brain where they might be able to cause direct damage.

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