



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.

**uncorrected
vision loss**



Uncorrected vision loss covers lots of things, including not wearing glasses for short- or long-sightedness over a very long period of time. But of particular note, research has identified an increase in dementia risk among people with two specific conditions that cause vision loss – diabetic retinopathy and cataracts – if they go untreated.

More research is needed to understand exactly why this increases risk, but these eye conditions are linked to inflammation and blood vessel damage, which contribute to diseases like Alzheimer's.

Did you know?

Two in every 100 dementia cases have been linked to visual impairment in later life.

- More than one in 10 people over the age of 50 have uncorrected visual impairment.
- Being long-sighted or short-sighted and not wearing glasses or contact lenses may also increase dementia risk.
- Visual impairment can make our brain less resilient to damage.
- Damage to our senses results in our brains receiving less stimulation and this can make us more vulnerable.
- **It's important to visit the optician regularly to check and treat for any vision problems.**

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