



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.

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! (Source: Alzheimer's Society)

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.
<https://www.webmd.com/fitness-exercise/head-injuries-causes-and-treatments>
- 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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