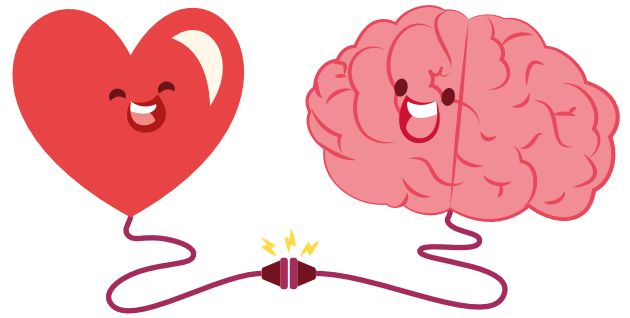


# What's good for the heart is good for the brain

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!

## 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. [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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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.