

10 Ways to Reduce the Risk for Dementia



While some risk factors for dementia can't be changed – like genetics and age - there are many ways you can take action to reduce your overall risk at any time of life.

Be physically active each day

Get moving! Walk, jog, dance, swim, bike, garden or do chores or yard work. Any physical activity is better than none at all.

Protect, check and support your hearing

Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – it can help reduce that risk. Try and protect your hearing from loud noises and make sure to get your hearing tested.

Stay socially active

Stay connected and engaged with your family, friends and community. Virtual visits and activities count, too! Social isolation in later life can increase dementia risk by an average of 60%.

Manage your medical conditions and learn more about them

In collaboration with your health-care provider, try to manage complex conditions such as diabetes and obesity as best you can. These two conditions in particular can increase dementia risk, among others.

Quit smoking

Quitting or reducing smoking, even in later life, can improve your brain health and reduce your dementia risk. Ask a health-care team for support!



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Seek support for depression

Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning, as well as allowing you to take action on other risk factors.

Drink less alcohol

Research shows that drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. Try out the growing number of mocktail and alcohol-free drink options instead! And if you need help with limiting alcohol, speak with your health-care provider.

Protect your heart

Working with your health-care provider, monitor and manage your blood pressure and heart health. What's good for the heart is also good for the brain!

Avoid concussion and traumatic brain injury

Steer clear of activities where you might put your brain at risk of harm. Follow traffic rules and pedestrian signals. Be aware of your surroundings. Play, travel and work safe!

Aim to get quality sleep

Work toward sleeping well for 6 to 8 hours each night. If you experience sleep apnea or other sleep issues, talk to your health-care provider for treatment options.



Learn more about why brain health is so important
alz.to/brainhealth