

HINTS AND TIPS FIVE – REDUCING YOUR RISK OF DEMENTIA

There are many different risk factors for dementia and your risk of developing it depends on these. Some of them cannot be changed see list below but others can and you can do this by making healthy lifestyle choices and doing this from as early on as possible. These lifestyle choices can then help you to look after your heart and blood circulation and help keep your body healthy and prevent dementia.

Risk factors that can't be changed

Age – there a higher risk of developing Alzheimer's disease or vascular dementia once you are over 65

Genes – there are some genes that may be inherited from a parent that can increase your chances of getting dementia but they are very uncommon

Gender – women tend to live longer than men so are at slightly higher risk overall of dementia

Ethnic origin – there has been some evidence that some ethnic groups are more likely to get dementia than others. This may be because of health and social inequalities between these groups and differences in the risk of diabetes and cardiovascular disease.

How to reduce risk factors – what's good for the heart is good for the head!

Be physically active- find activities that you enjoy

Eat healthily – eat a healthy, balanced diet

Don't smoke – smoking can be very damaging to the circulation of blood in the body – stop smoking or use a less harmful product

Drink less alcohol – try to drink alcohol in moderation or not at all

Stay mentally and socially active – find mental and social activities you enjoy and that challenge your brain!

Take control of your health – make sure you have your NHS Healthcheck or see a doctor if you have more urgent concerns and have your teeth; hearing and eyesight checked if you are having problems.

For more information

Diet – search Eatwell Guide ' on the NHS website www.nhs.uk