



Resolve to reduce your dementia risk

Description



You can use your New Year resolutions to reduce your risk of dementia, according to [Alzheimer's Society](#).

The charity has published [an article offering five things you can do](#) to help lower your chances of developing dementia.

Making healthier choices can help reduce your risk of dementia

You may have already made resolutions for 2022. Perhaps you're determined to improve your health by doing more exercise or drinking less alcohol. Alzheimer's Society claim that making healthier choices can also help reduce your risk of dementia.

Here are five things you can do to help lower your chances of developing dementia. They're especially important if you're in your 40s, 50s or 60s – but they're relevant to everyone.

1 Get moving – one of the best ways to reduce your risk of dementia is taking part in regular physical exercise. It's good for your heart, circulation, weight and mental wellbeing.

2 Eat well – a healthy, balanced diet is likely to reduce your risk of dementia, as well as other conditions including cancer, type 2 diabetes, obesity, stroke and heart disease.

3 Quit smoking and cut down on alcohol – if you smoke, you're putting yourself at much higher risk. Drinking too much alcohol also increases your chances of developing dementia. Aim to drink no more than 14 units per week.

Challenging yourself mentally seems to build up the brain's ability to cope with disease

4 Keep your mind active – research suggests regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. Find an activity you enjoy.

5 Look after your health – taking control of your health will help reduce your risk of dementia. If you're aged 40–74, start by getting your [free NHS health check](#).

Alzheimer's Society are not suggesting the risk factors listed cause dementia, or that if you follow this advice, you will prevent dementia completely. However, evidence shows factors such as keeping active and eating healthily can help reduce your risk. *(Photo: Shutterstock)*

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