

10 ways to reduce your risk of dementia

Alzheimer
Society



Be physically active each day

Get moving! Any physical activity is better than none at all.



Protect and support your hearing

Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.



Stay socially active

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



Manage your medical conditions

In collaboration with your health-care provider, try to manage complex conditions such as diabetes and obesity as best you can.



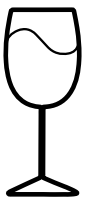
Quit smoking

Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.



Seek support for depression

Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.



Drink less alcohol

Drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. If you need help in quitting or limiting alcohol, speak with your health-care provider.



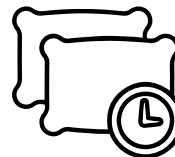
Protect your heart

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. 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.

The more actions you take, the better! Learn more at [alzheimer.ca/ReduceYourRisk](https://www.alzheimer.ca/ReduceYourRisk).