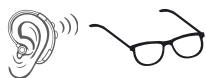


# Reducing your risk of dementia

Dementia is a disease that can affect the function of your brain; how you think, how you remember, how you speak, how you move, how you count, how you recognise people or how you organise.

Around half of it is preventable and it is never too early to start making changes in your life to reduce your risk, even if you have a family history. Here are some tips that you can put into action today:



**Look after your senses** - wear glasses or hearing aids if you need to



**Exercise** - aim to get breathless for two and a half hours each week



**Increase your vegetable intake** - aim for half a plate with meals



**Connect with other people** - loneliness can increase your risk



**Keep learning** - learning new things keeps your brain healthy



**Keep your heart healthy** - get regular checks with your GP



**Prioritise sleep** - sleep helps protect your brain from harm



**Ventilate rooms that have open fires**



**Avoid processed foods**



**Avoid alcohol and smoking**



**Protect your head from injury**



**Seek treatment for depression**

Find out more at  
[alzheimers.org.uk](https://alzheimers.org.uk) or by  
scanning the barcodes below:

If you have concerns



Prevention

