

# 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.



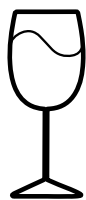
## Quit smoking

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.



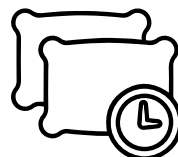
## Protect your heart

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://alzheimer.ca/ReduceYourRisk).