STROKE AND DEMENTIA

STROKE, DEMENTIA AND HEART DISEASE SHARE COMMON RISK FACTORS AND EACH INCREASES THE RISK OF THE OTHER

- Approximately **one in three** Ontarians will develop stroke, dementia or both.
- Up to **three in five** stroke survivors will develop vascular cognitive impairment.

LIFESTYLE PLAYS AN IMPORTANT ROLE IN REDUCING RISKS

- Older adults who are very physically active are **40% less likely** to develop Alzheimer’s disease than those who are inactive.
- Less than half of Ontario’s older adults get the recommended **2½ hours of moderate-to-vigorous physical activity** per week.
- One in four hospitalized stroke patients evaluated within the first year after a stroke have dementia.
- Up to **three in five** stroke survivors will develop vascular cognitive impairment.
- More than 60% of Canadian adults are either overweight or obese, a major risk factor for heart disease and stroke.

By reducing the risk of heart disease and stroke, the risk of dementia also decreases. So... **Eat well, move, get social and challenge your brain!**

**Alzheimer Society of Ontario**

**Ontario Stroke Network**

**Heart & Stroke Foundation of Canada**