

Dementia: How to Reduce Your Risk

Did you know that dementia is not a normal part of the aging process? It is caused by diseases of the brain and isn't just about memory problems.

Having hearing loss without a hearing aid is a risk factor for developing dementia.



Being isolated from other people may increase your risk of dementia. Talk to your doctor if you feel lonely.



If you are depressed, getting some help could make you feel better and may also help your brain.



Quitting smoking could reduce your risk of developing dementia.



Keeping your blood pressure & glucose levels close to normal and exercising regularly can reduce your risk of dementia.



Brain injuries are a risk factor for dementia. Protect your brain during sports activities and consider a balance or Tai Chi class to help prevent a fall.



Talk to your doctor for information and resources about hearing aids, quitting smoking and help with depression. Call The Social Bridging Project at (828) 771-3445 if you want someone to call you on the phone every now and then just to talk. The Alzheimer's Association also has a free helpline at 800-272-3900 (24/7/365). Visit healthyagingnc.org to see all of the free balance and Tai Chi classes available online and in person. Source: "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission".