



MIND YOUR BRAIN: 14 Easy Tips to Keep Dementia risk at Bay!

14 risk factors grouped by life stage:

Early Life



Less education: Ensure good quality education is available for all and encourage cognitively stimulating activities in midlife to protect cognition

Midlife



Hearing loss: Make hearing aids accessible for people with hearing loss and decrease harmful noise exposure to reduce hearing loss



High LDL cholesterol: Detect and treat high LDL cholesterol from midlife



Traumatic brain injury: Encourage use of helmets and head protection in contact sports and on bicycles



Hypertension: Prevent or reduce hypertension and maintain systolic blood pressure of 130 mm Hg or less from age 40 years



Obesity: Maintain a healthy weight and treat obesity as early as possible, which also helps to prevent diabetes



Excessive alcohol consumption: Reduce high alcohol consumption through price control and increased awareness of levels and risks of overconsumption



Depression: Treat depression effectively

Later Life



Smoking: Reduce cigarette smoking through education, price control, and preventing smoking in public places and make smoking cessation advice accessible



Physical inactivity: Encourage exercise because people who participate in sport and exercise are less likely to develop dementia



Diabetes



Social isolation: Prioritise age-friendly and supportive community environments and housing and reduce social isolation by facilitating participation in activities and living with others



Air pollution: Reduce exposure to air pollution



Vision loss: Make screening and treatment for vision loss accessible for all

Data collected by **The Lancet Commissions.**

Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission
www.thelancet.com

The LETHE-Project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement no 101017405