

5-Brain-Healthy Tips to Reduce Dementia Risk

Dementia is a condition that affects memory, thinking, and the ability to do everyday tasks independently. While the exact cause of dementia isn't fully understood, certain healthy lifestyle can lower the risk of developing it.



Exercise Regularly

20-30 minutes of daily exercise, such as walking or gardening, can lower dementia risk by 10-20%. It improves circulation, brain oxygen supply, and overall mental well-being.

Healthy Diet

Consume leafy greens, berries, whole grains, nuts, and fish.

Limit red meat, processed foods, and refined sugars to slow aging and reduce the risk of dementia.

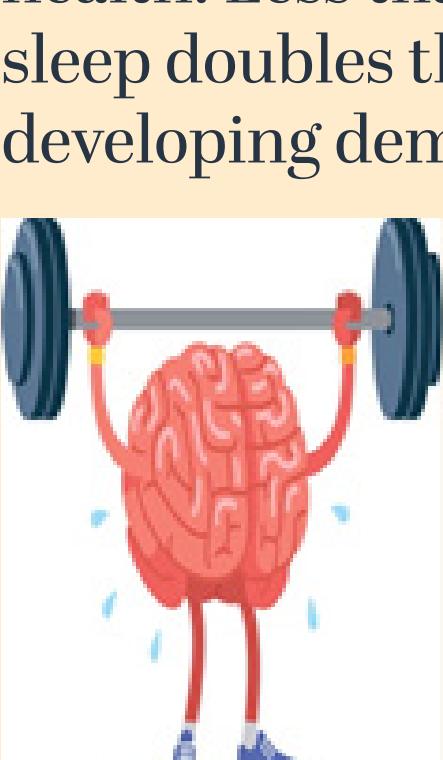


SOCIALIZATION

Social isolation increases dementia risk. Stay active by volunteering, calling friends, or spending time with family to boost your mood and mental health.

Good Sleep

Getting 6-8 hours of sleep each night is crucial for brain health. Less than 5 hours of sleep doubles the risk of developing dementia.



Challenge Your Brain

Engage in new, complex activities, like learning a language or solving puzzles. These stimulate brain function and help lower the risk of dementia.