

# What Lifestyle Changes can Help Prevent Dementia?

Though research is ongoing, there are currently no proven cure or one way to prevent Alzheimer's disease and related dementias. However, there are steps you can take to help reduce your risk for developing dementia later in life.

Focus on making lifestyle changes like these to help prevent dementia and other memory impairments:



## Exercise Regularly.

Physical activity increases blood flow to the brain, and increasing blood flow to your brain can help to improve brain function. Even light exercise such as regular walking can decrease the risk.



## Eat a Healthy Diet.

A diet that is rich in fruits, vegetables, and healthy fats can have positive effects on overall brain health, and they may help lower the risk of developing dementia.



## Stay Mentally Active.

Engaging in activities that challenge your brain, such as reading, brain games and puzzles can stimulate your brain and keep it active.



## Avoid Alcohol and Smoking.

Drinking alcohol can have long term effects on the brain, and smoking may increase your risk of developing dementia and other conditions. of heart attack, stroke and lung disease.



## Get Enough Sleep.

Chronic sleep deprivation has been linked to an increased risk of developing dementia. Be sure to get at least eight hours of sleep every night.



## Stay Socially Active.

Both isolation and loneliness can cause cognitive decline, so engaging in social activities may help lower the risk of developing dementia.



## Keep Blood Pressure and Cholesterol Levels Under Control.

High blood pressure and high cholesterol have been linked to an increased risk of developing dementia.



## Prioritize Mental Health.

There is a direct correlation between depression and dementia, it is crucial to maintain good mental health as you age to decrease the chance of dementia.

For more information on dementia and how CorsoCare can support you, call us at 248-438-8535.