

What are the Risk Factors for Dementia?

Adopting healthy lifestyle choices at a young age can reduce the risk of dementia in later life

Dementia Risk Factors

Age

Age is the biggest risk factor for dementia and mostly affects people over the age of 65.

Gender

Nearly two thirds of people living with dementia are women. This is related to lower levels of the hormone oestrogen after menopause, which has protective properties in the brain. It also correlates with less educational opportunities historically for women.

Physical Inactivity

Exercise increases the production of signalling cells, reduces inflammation and increases blood flow within the brain improving memory, thinking and judgement skills and slows cognitive decline.

Sleep

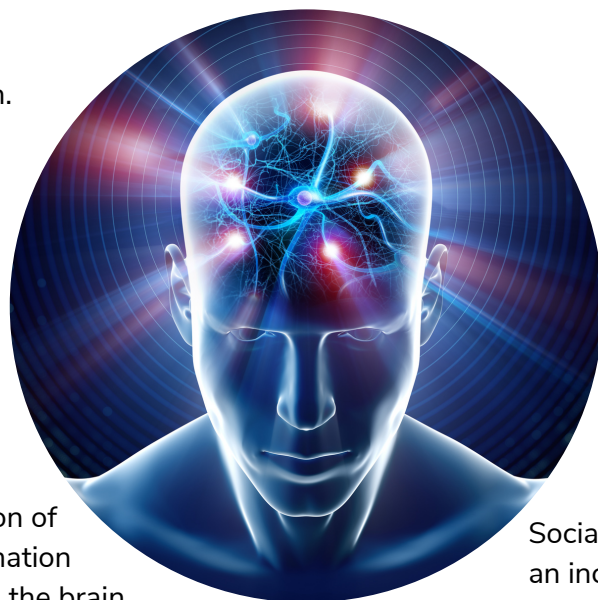
Sleep is a time for healing and a time for the body to repair. Disturbed sleep has been associated with an increase in inflammation which may then lead to Alzheimer's Disease.

Diet & Nutrition

There are many ways to support Dementia with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's risk factors, and support Dementia symptoms with dietary and lifestyle interventions which may also consider science-based protocols such as The Mediterranean Diet, the Dash Diet and the Mind Diet.

Genetics

Genetics only accounts for a small proportion of people living with dementia. Just because we have a relative living with dementia does not necessarily mean that we will inherit the condition.



Mental Inactivity

Participating in cognitively thought-provoking activities contributes to building cognitive reserve in the brain. This helps to protect cognition and slow down cognitive decline and dementia.

Blood Sugar

Regulating blood sugar levels is an important risk factor for dementia. Cognitive decline can develop when blood vessels become damaged in the brain. Raised blood sugar levels causes inflammation, a key feature of AD.

Social Isolation

Social isolation has been associated with an increased risk of developing dementia. This highlights the importance of social engagement and taking part in social activities.

Alcohol

Excessive alcohol consumption contributes to an increased risk of disrupted communication pathways in the brain, cognitive decline, and dementia.

Smoking

Smokers are at an increased risk of dementia compared to non-smokers .

High Blood Pressure

Maintaining a healthy blood pressure in mid-life will reduce the incidence of vascular dementia in later life.

