

Risk factors for dementia and what can I do about them?



Low education



Learn something new and fun



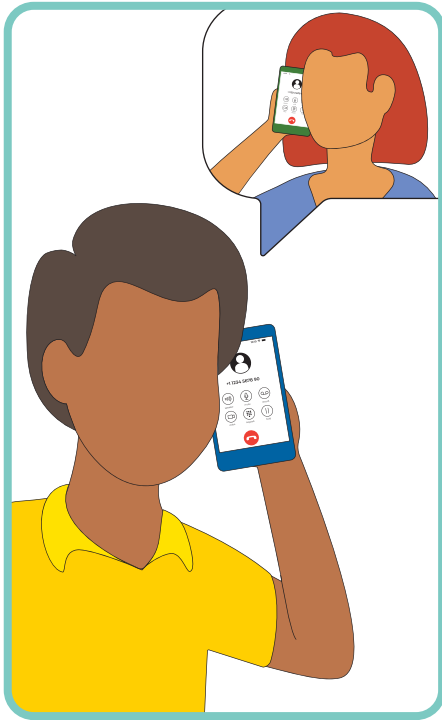
Low social contact



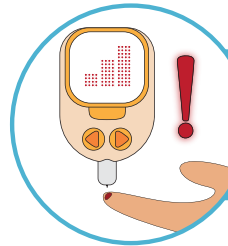
Stay connected with my family and friends



Depression



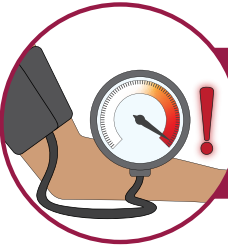
Find help if I feel depressed



Diabetes



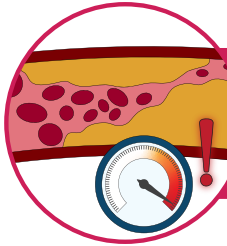
Get my blood sugar checked



High blood pressure



Get my blood pressure checked



High cholesterol



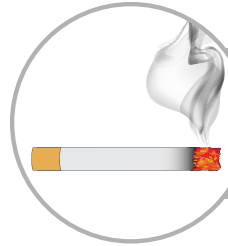
Get my cholesterol checked



Hearing loss



Get my hearing checked



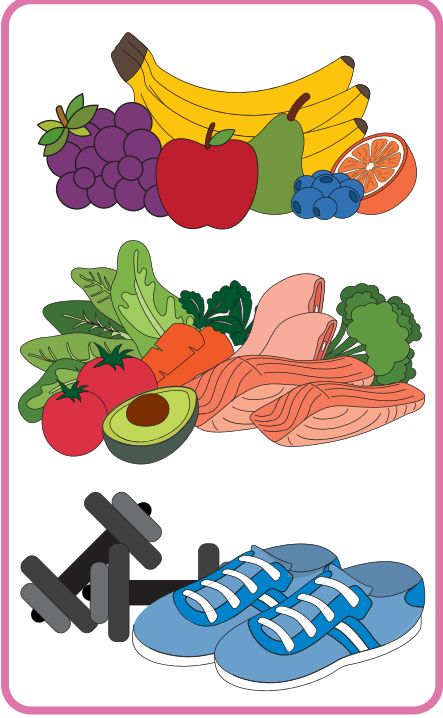
Smoking



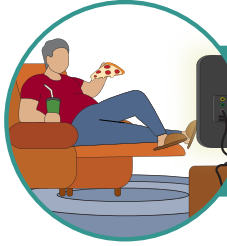
Stop smoking and avoid second-hand smoke



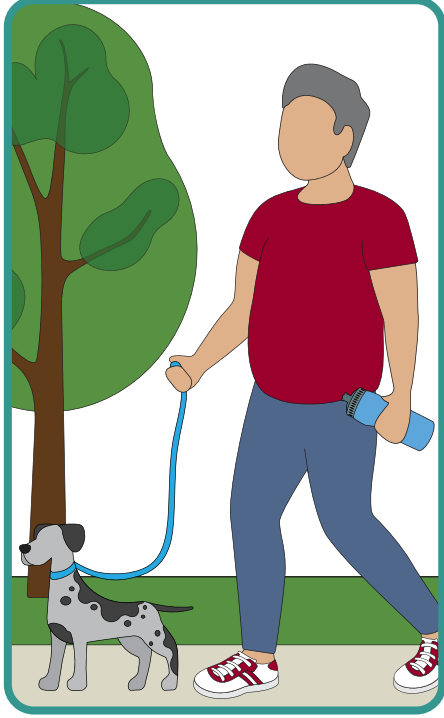
Obesity



Get advice on a diet and exercise plan



Physical inactivity



Get active



Too much alcohol



Drink in moderation



Head injury



Wear protective gear when possible

Why does it matter to me?

By doing these things,
I am looking after myself and lowering my chances of dementia.