

10 Ways to Help Prevent Dementia

Dementia is a loss of brain function that affects daily life, with Alzheimer's being the most common type. By 2060, nearly 14 million Americans over 65 may be affected. The good news? Many risk factors are modifiable. Research shows up to half of dementia cases could be delayed or prevented through healthy lifestyle changes.

1

Keep Blood Pressure Steady

Healthy blood pressure helps protect memory and cognition.

2

Move Your Body

Regular exercise keeps your brain sharp and strong.

3

Maintain a Healthy Weight

Managing weight in midlife supports long-term brain health.

4

Balance Blood Sugar

Stable blood sugar helps prevent cognitive decline.

5

Quit Smoking & Limit Alcohol

Less smoking and drinking means better brain protection.



6

Stay Connected & Curious

Social time and learning new things keep your mind active.

7

Protect Hearing & Your Head

Use ear protection and helmets to prevent brain injury.

8

Eat for Your Brain

Choose veggies, fish, and healthy fats for better focus and memory.

9

Prioritize Sleep

Quality sleep restores your brain and supports memory.

10

Care for Your Mood

Managing stress and staying positive benefits brain health.

You can't stop getting older—but you can take charge of your brain-health journey now. By working on your heart, body, relationships, sleep, and habits, you're giving your brain the best chance at staying strong for years to come.

