10 ways to reduce your risk of dementia

**Be physically active each day**
Get moving! Any physical activity is better than none at all.

**Protect and support your hearing**
Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.

**Stay socially active**
Stay connected and engaged with your family, friends and community. Social isolation in later life can increase dementia risk by an average of 60%.

**Manage your medical conditions**
In collaboration with your health-care provider, try to manage complex conditions such as diabetes and obesity as best you can.

**Quit smoking**
Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.

**Seek support for depression**
Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.

**Drink less alcohol**
Drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. If you need help in quitting or limiting alcohol, speak with your health-care provider.

**Avoid concussion and traumatic brain injury**
Steer clear of activities where you might put your brain at risk of harm. Play, travel and work safe!

**Protect your heart**
Working with your health-care provider, monitor and manage your blood pressure and heart health. What’s good for the heart is also good for the brain!

**Aim to get quality sleep**
Work toward sleeping well for 6 to 8 hours each night. If you experience sleep apnea or other sleep issues, talk to your health-care provider for treatment options.

The more actions you take, the better! Learn more at alzheimer.ca/ReduceYourRisk.

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