

# Appendix 1: Risk factors

**Age**

**Genetics**

**Smoking**

**Lack of exercise**

**Poor diet**

**Alcohol**

**High cholesterol**

**High blood pressure**

**Type 2 diabetes**

**Depression**

**Down's Syndrome**

**Head injury**

**Nut allergy**

**Coffee**

**Aluminium**

**Flu jab**

**Aspartame (Artificial sweetener)**

**Prolonged exposure to loud noise**

**Charcoal**