

Worksheet 21:

Understanding the lifestyle risks associated with dementia

There is general acknowledgement that we can prevent the development of dementia, for which scientists are continuing to gather evidence. The following list describes the acknowledged lifestyle risks associated with dementia.

Less childhood education:

Hearing loss:

High blood pressure:

Heart disease:

Obesity:

Smoking:

Diabetes:

Depression:

Physical inactivity:

Social isolation:

Severe head injury:

Poor diet:

Excessive alcohol use:

Not keeping your brain active: