

Reduce your dementia risk

Up to 45% of dementia cases could be prevented.

Here are the risk factors for developing dementia and what you can do today to protect your brain and reduce your dementia risk.



EDUCATION

Keep learning throughout your life and support kids' education.



SMOKING

Stop smoking. Talk to Quit or your doctor.



HEARING LOSS

Take care of your hearing, talk to your doctor.



HIGH BLOOD PRESSURE

Eat a healthy diet, get your blood pressure checked and treated.



BAD CHOLESTEROL (LDL)

Get your cholesterol checked and change to a low-LDL diet.



EXCESSIVE ALCOHOL

Drink less. Any reduction helps. Talk to your doctor if you're concerned.



DEPRESSION

Depression is treatable: talk to your doctor.



SOCIAL ISOLATION

Explore new ways to connect socially with other people.



TRAUMATIC BRAIN INJURY

Protect your head, avoid repeated knocks, talk to your doctor if you're concerned.



AIR POLLUTION

Clear your air: search the web for "Australian Government indoor air quality."



PHYSICAL INACTIVITY

Get active! Even a small increase makes a big difference.



UNTREATED VISION LOSS

Take care of your eyes, get tests, talk to an optometrist or your doctor.



DIABETES

Talk to your doctor about your diabetes risk or managing diabetes.



WEIGHT

Eat well, be physically active and keep your weight in a healthy range.

Find out more with Dementia Australia: dementia.org.au/brain-health ➔