

Living Well Brain Matters



Look after your brain today for a healthier tomorrow!

Did you know up to 4 in 10 cases of dementia could be prevented?

Dementia is not a natural part of ageing. The risk is lowest in people who have healthy behaviours in mid life (age 40-65 yrs) and these can have a big impact on brain health later on.



It's never too early (or too late) to start!

Think of your brain health like a pension - the small steps you take today can help protect your future!

6 simple ways to reduce your risk of dementia

- ✓ Be more active
- ✓ Don't smoke and drink less alcohol
- ✓ Eat a healthy, balanced diet
- ✓ Look after your hearing and vision
- ✓ Stay socially and mentally active
- ✓ Manage your health



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Take control of your brain health

Making positive changes in your 40s, 50s and 60s can help lower your risk of dementia later in life.

Here's how:

1. Move more

Regular physical activity improves memory, mood and brain function. This could be walking, dancing, gardening or even housework – it all counts.

2. Stop smoking and cut down on alcohol

Smoking and drinking too much alcohol increase your risk of dementia. Quitting smoking and cutting down alcohol can improve your overall health and protect your brain.

3. Eat well

A healthy, balanced diet supports brain function and helps maintain a healthy weight.

4. Check your hearing and sight

Untreated hearing or vision loss can increase dementia risk. Get regular check-ups and seek support if needed.

5. Stay connected and keep learning

Socialising and keeping your mind active helps protect your brain. Try hobbies, puzzles, reading, or joining local groups.

6. Manage your health

Conditions like high blood pressure, diabetes and high cholesterol can increase your risk. Attend your free NHS Health Check (ages 40–74), manage your blood pressure and follow advice from your GP.

Remember!

Dementia is not inevitable. By making changes today, you can reduce your risk in the future.

Visit our website to find out more and get support.



The wording in this leaflet can be made available in other formats such as large print and Braille. Please call 01274 438884.

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