



9 WAYS WE CAN REDUCE DEMENTIA WORLDWIDE 35%

THE LANCET COMMISSION REPORT

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Did you know that it's possible to lower your risk of dementia by a third?

And, it has little to do with genetics, and everything to do with how you choose to live.

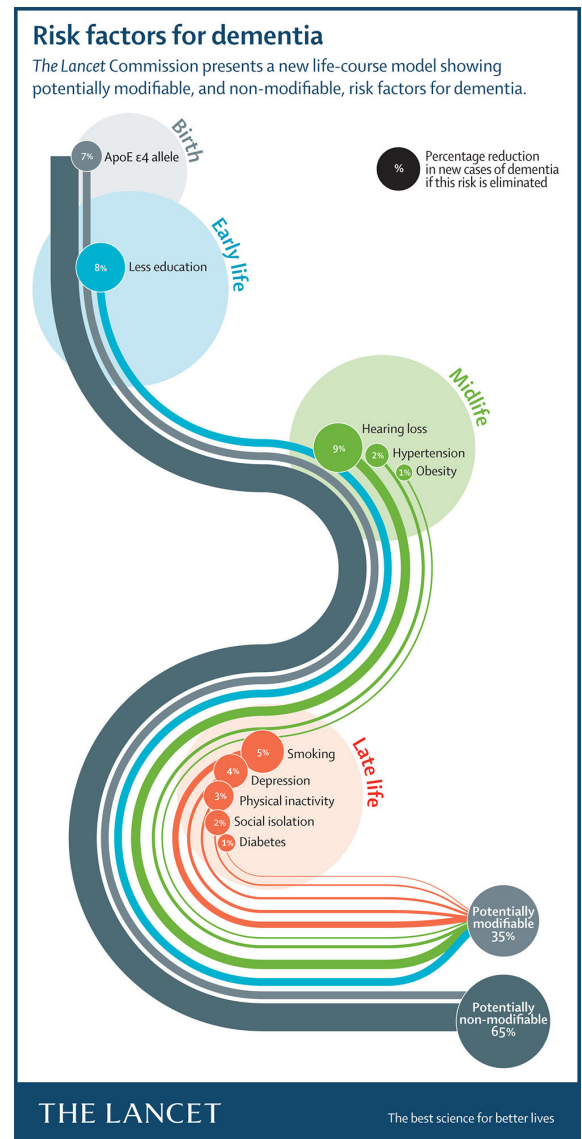
The Lancet Commission on Dementia Prevention, Intervention and Care recently released online a comprehensive report on the evidence for reducing dementia risk as well as caring for those with such disorders. When it comes to prevention, their exhaustive analysis of the existing literature led them to conclude that a combination of 9 modifiable risk factors currently account for approximately 35% of dementia cases worldwide.

They point out that conversely eliminating the APO-E4 allele, the gene most closely associated with increased risk, would only eliminate approximately 7% of dementia cases worldwide.

What are the 9 risk factors?

Education. Elementary school education to approximately 11 or 12 years of age was found to potentially be one of the most effective ways to reduce worldwide dementia rates (8%). Higher levels of education are thought to be associated with increased cognitive reserve and reduced dementia risk.

Hypertension. Better control of high blood pressure in midlife matters, however ranked lower in percentage of cases reduced.



Obesity. Reduction of obesity in midlife also significantly reduced dementia risk, however also ranked lower in percentage of cases eliminated.

Hearing Loss. Addressing hearing loss, a highly modifiable risk factor, could reduce population risk by as much as 9%.

Late-life Depression. Depression in older age was found to account for 4% of dementia cases.

Diabetes. While significant, better control of diabetes was reported to reduce dementia cases by only about 1%.

Physical Inactivity. Lack of exercise was reported to account for 3% of dementia cases. Older adults who regularly exercise are significantly more likely to maintain cognitive performance over time.

Smoking. Researchers concluded that elimination of smoking could reduce dementia prevalence by 5% worldwide.

Social Isolation. Social isolation was seen as not only a primary risk factor, but also a secondary one due to its impact on other modifiable factors such as cognitive activity and mood.

What's the takeaway? The best thing we can do to stay brain healthy is stay well, across body, mind and spirit. As leaders in scientifically grounded brain wellness training, we have long emphasized the critical role lifestyle plays in staving off serious memory loss and keeping everyday day performance sharp. Our Total Brain Health programs teach you how to make the science behind findings such as these part of their own wellness plan, so that you can be empowered for better brain health.

<http://www.thelancet.com/infographics/dementia2017>



About Dr. Green

Dr. Green is a nationally recognized author, and expert on memory fitness and brain health. She serves also as the president and founder of Total Brain Health, the leading provider of social-based brain fitness training in the United States.

TBH TOOLBOX365 is a brain training program you can use anytime, anywhere! With engaging workouts for better cognitive wellness, everyone will have a fun getting a daily dose of brain training!

Learn more at tbhtoolbox365.com

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