



Dementia

Dementia is often associated with Alzheimer's Disease which is a form of dementia. However dementia also includes any condition that leads to deficits in cognitive function including memory, thinking, and reasoning. Other diseases that fall into the category of dementia include Parkinson's Disease, Creutzfeldt-Jakob's Disease, Lewy Body Disease, and Huntington's Disease.

Currently, there is no cure for dementia but recent research has identified nine modifiable health and lifestyle factors that, if addressed during different phases of life, could reduce up to one-third of dementia cases.¹

Nine Modifiable Factors

Early Life	Education
Mid-Life	Hearing Loss
	Hypertension (high blood pressure)
	Smoking
Late Life	Obesity
	Depression
	Physical Inactivity
	Social Isolation
	Diabetes

Action Plan for Today

Actions you take today could help prevent non-genetic dementias and may help manage symptoms for those genetically pre-disposed to it.

- ✓ Be physically active
- ✓ Eat a healthy diet
- ✓ Engage socially
- ✓ Quit smoking
- ✓ Reduce alcohol consumption
- ✓ Exercise your brain by learning new skills, doing new activities, continuing education, etc.

¹Livingston G, et al. Dementia prevention, intervention, and care. The Lancet. 2017.

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