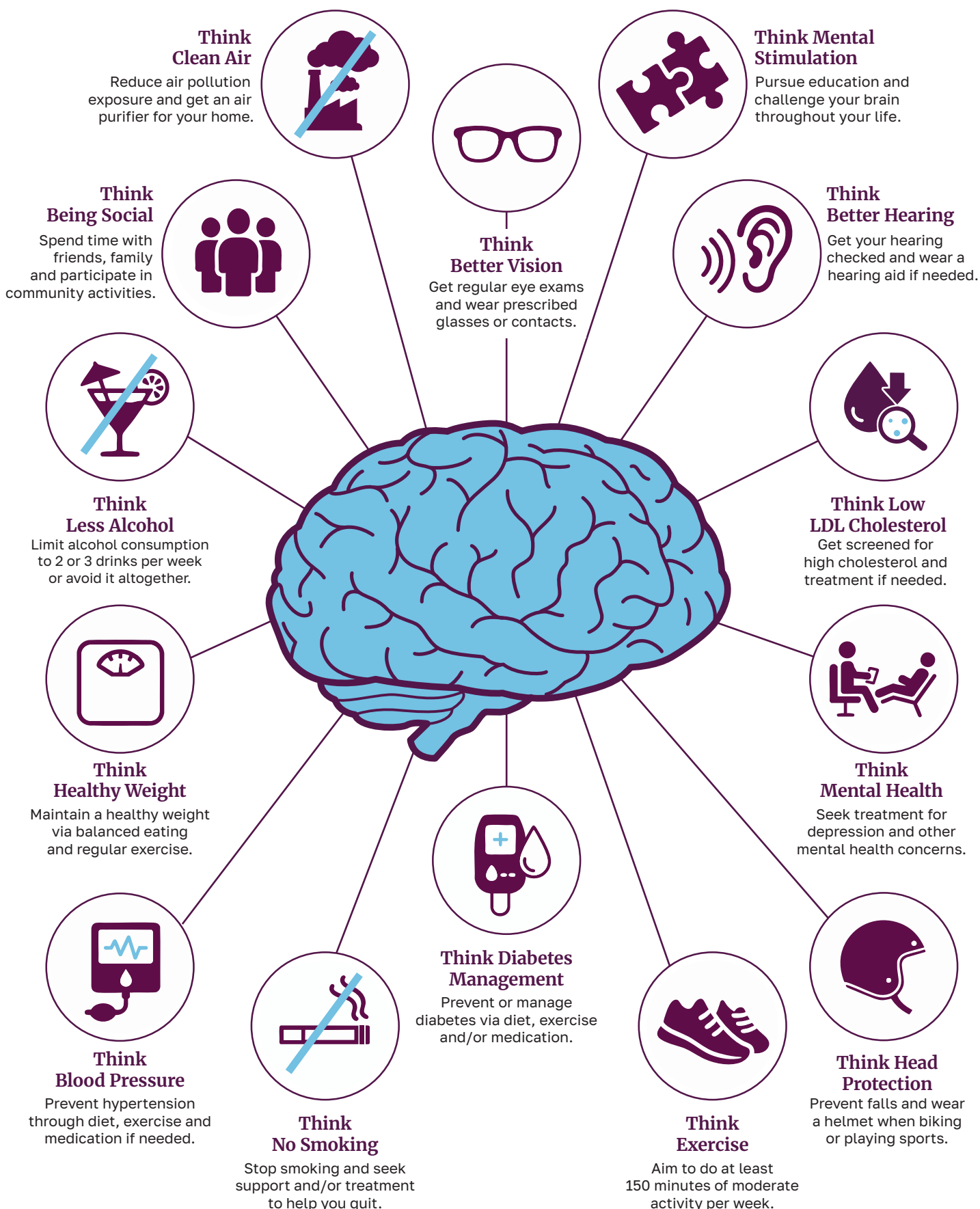


14 Ways to Help Prevent Dementia

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Yes, you can reduce your risk of developing dementia as you age

Research shows nearly half of dementia cases can be prevented or delayed, even with increased genetic risk. The chart shows when in life the steps are most needed, but they help at every age. **It's never too early—or too late—to start.**

Dementia Prevention Step		Why It matters
Early Life Before Age 45	Education & Cognitive Stimulation	Learning new things strengthens the brain's ability to cope with damage or disease and maintain function.
Mid Life Age 45–65	Correct Impaired Hearing with Hearing Aids	Hearing loss can lead to social isolation, depression and increases the mental effort required to process information.
	Get Checked and Treated for High LDL Cholesterol	High LDL (“bad”) cholesterol can damage blood vessels and may contribute to amyloid plaque buildup in the brain.
	Treat Depression/Mental Health Concerns	Depression can negatively affect brain function and may accelerate cognitive decline. It can also increase social isolation.
	Prevent Traumatic Brain Injury (TBI)	A hard hit to the head can hurt the brain and raise the risk of dementia—especially if it happens more than once.
	Exercise Regularly	Regular exercise helps support heart health, blood flow to the brain and can help our brains grow new cells.
	Prevent/Manage Type 2 Diabetes	Type 2 Diabetes can damage blood vessels and affect how the brain uses insulin, which raises dementia risk.
	Quit Smoking	Smoking produces harmful chemicals, causes inflammation and vascular damage – which all harm brain cells.
	Prevent or Reduce Hypertension (High Blood Pressure)	Having high blood pressure for a long time can damage blood vessels in the brain.
	Maintain a Healthy Weight	Obesity is linked to inflammation, insulin resistance and cardiovascular disease – all of which affect our brain health.
	Drink Less Alcohol	Excessive alcohol consumption can directly damage brain cells and shrink brain volume.
Late Life Age 65+	Stay Social	A lack of meaningful social interaction is associated with lower cognitive stimulation and a higher risk of dementia.
	Reduce Exposure to Air Pollution	Breathing in polluted air can harm blood vessels and brain cells.
	Correct Impaired Eyesight	Vision problems in later life can lead to less social interaction and mental stimulation, both crucial for maintaining brain health.