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Dementia and You: Care, Protection and Reducing Risk ...

Dementia is of concern to many people and it often evokes feelings of fear and confusion. No wonder, as it will soon be the major cause of disability and death, outstripping cancer, heart disease and stroke; imposing a massive burden on families, health systems and economies worldwide.

Dementia and You: Care, Protection and Reducing Risk by Dr ...

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How to reduce your risk of dementia | Alzheimer's Society

If you smoke, you're putting yourself at much higher risk of developing dementia. You're also increasing your risk of other conditions, including type 2 diabetes, stroke, and lung and other cancers. Smoking does a lot of harm to the circulation of blood around the body, including the blood vessels in the brain, as well as the heart and lungs.

REDUCING RISK OF FALLS FOR PEOPLE WITH DEMENTIA

reducing risk of falls for people with dementia People with dementia are four to five times more likely to fall than older people who do not have cognitive impairment. For those who fall, the risk of sustaining a fracture is

three times higher than for cognitively well people.

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