

# DEMENTIA RISK REDUCTION

## SUMMARY OF RECOMMENDATIONS

### IDENTIFY

#### Patients with risk factors for dementia<sup>1</sup>

Patients age 40 years and over (midlife), check:

##### Vascular disease risk factors

Hypertension  
Dyslipidaemia  
Diabetes

##### Chronic disease risk factors

Smoking  
Poor nutrition  
Excessive alcohol  
Physical inactivity  
Overweight / obesity

##### Psychosocial risk factors

Depression  
Mental activity  
Social activity  
**Other**  
Head injury

### DISCUSS

#### Risk factors for dementia and protective factors for brain health

Risk factors that increase the chance of developing vascular disease also increase the chance of developing dementia. By adopting a healthier lifestyle people can reduce the risk of developing dementia.

**Your Brain Matters** is Alzheimer's Australia's evidence-based dementia risk reduction program and promotes five key messages:

**Step 1 Look after your heart**

**Step 2 Do some kind of physical activity**

**Step 3 Mentally challenge your brain**

**Step 4 Follow a healthy diet**

**Step 5 Enjoy social activity**

#### Information for patients

- *5 Simple Steps to Maximise your Brain Health* resources:  
Download from [yourbrainmatters.org.au/health-professionals](http://yourbrainmatters.org.au/health-professionals)
- *Brain Health Checklist*:  
Download from [yourbrainmatters.org.au/health-professionals](http://yourbrainmatters.org.au/health-professionals)
- Visit the *Your Brain Matters* website: [yourbrainmatters.org.au](http://yourbrainmatters.org.au)
- Use *BrainyApp* to find out how brain healthy your lifestyle is, and take healthy actions to improve your brain health score. Download from [brainyapp.com.au](http://brainyapp.com.au)

#### Provide advice and support for lifestyle changes

Refer to the SNAP (RACGP) [racgp.org.au](http://racgp.org.au)

### TREAT

#### Risk factors

Treat any risk factors for dementia

<sup>1</sup> Farrow M, 2011, *Dementia risk reduction: a practical guide for general practitioners*, Alzheimer's Australia Vic [yourbrainmatters.org.au/knowledge-base](http://yourbrainmatters.org.au/knowledge-base)