

- Dementia

WATCH OUT FOR RISK FACTORS!

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DEMENTIA is an equal opportunity scourge that can strike anyone — but the good news is you can adopt healthy lifestyle habits that can drastically reduce your risk of falling prey to the tragic brain-wasting condition!



A recent study revealed diabetes and boozing have both “consistently shown to be associated with cognitive decline.” There is also growing evidence that exposure to air pollution is another big risk factor.

Other things that increase chances of suffering debilitating Alzheimer’s disease and other forms of dementia include lack of sleep, being overweight, smoking and untreated high blood pressure. “Every poor health behavior that causes cell damage and leads to organ failure can also cause dementia,” warns longevity expert Dr. Gabe Mirkin.

But all these risk factors can be significantly reduced by practicing good habits.

“Make movement a part of your daily routine, have a sense of purpose, prioritize stress relief through meditation or prayer, eat a largely plant-based diet, drink alcohol in moderation if at all and connect with your community,” suggests top dementia expert Dr. Elizabeth Landsverk, author of *Living in the Moment*.

Mirkin adds, “Eliminating bad habits can help keep you sharp well into your 90s!”