

DEMENTIA AND THE DIGITAL FACTOR

Spending time online may prevent or delay cognitive issues, suggests US research. In a study that followed people over age 50 for an average of nearly eight years, those who spent six minutes to two hours on the internet daily had the lowest risk of developing dementia. The group who rarely or never logged on was around twice as susceptible.

Being online offers mind stimulation, from staying socially connected to finding interesting things to read. Still, beware: Though there was no proof of cause and effect, subjects who were online for more than six hours a day had the highest dementia risk.

