



Alzheimer's of
Central Alabama
Helping Local Families since 1991

Protect Your Brain Health

A Guide to Reducing Dementia Risk

Up to 45% of dementia cases may be prevented or delayed by addressing modifiable risk factors. There is no guaranteed way to prevent dementia, but small, sustainable changes can support lifelong brain health.

Daily Habits & Body Health

Stay Physically Active

Aim for at least 150 minutes of moderate movement per week. Walking, swimming, gardening, and dancing all count.

Eat a Brain-Friendly Diet

Follow the Mediterranean or MIND diet rich in vegetables, berries, whole grains, fish, and healthy fats. Limit processed foods, red meat, and added sugars.

Prioritize Sleep

During sleep, the brain clears waste proteins linked to Alzheimer's. Aim for 7–9 hours.

Limit Alcohol & Avoid Tobacco

Drinking more than recommended levels and smoking both increase dementia risk. It's never too late to cut back or quit.

Manage Your Weight

Maintaining a healthy weight in midlife, especially around age 40–65, helps protect the brain. Even modest weight loss can reduce risk.

Manage Chronic Conditions

Manage blood pressure, cholesterol, and blood sugar. Work with your doctor on targets that are right for you.

Mind & Social Connections

Stay Connected

Regular meaningful contact with friends, family, faith communities, or support groups protects cognitive health. Loneliness and isolation are risk factors.

Challenge Your Mind

Learn something new, play strategy games, read a book, and do puzzles. New experiences strengthen neural pathways.

Protect Your Senses

Untreated hearing loss and vision impairment are significant dementia risk factors. Get regular screenings and use corrective aids when needed.

Prevent Head Injuries

Traumatic brain injury raises long-term dementia risk. Wear helmets, use seatbelts, and remove fall hazards at home.

This guide is intended for caregiver education and nonprofit distribution. Always consult a healthcare professional for individualized medical guidance.

For more
information visit
alzca.org

