

The Importance of Brain Health

Maintaining a healthy brain can help to reduce and delay dementia risk.



DID YOU KNOW?

There are two types of risk factors associated with the likelihood of dementia in all people.

1

Modifiable risk factors

refer to what can be changed by an individual.

2

Non-modifiable risk factors

refer to what an individual has little or no control over, such as age, sex at birth and genetics

Modifiable risk factors that increase the occurrence of dementia:

Early Life Risk Factors



Lack of Education

Eliminating these risk factors can reduce the prevalence of dementia by up to

40%

Midlife Risk Factors



Hearing Loss

Traumatic Brain Injury



Hypertension



Alcohol Misuse



Obesity



Later Life Risk Factors



Smoking



Depression



Social Isolation



Physical Inactivity



Air Pollution



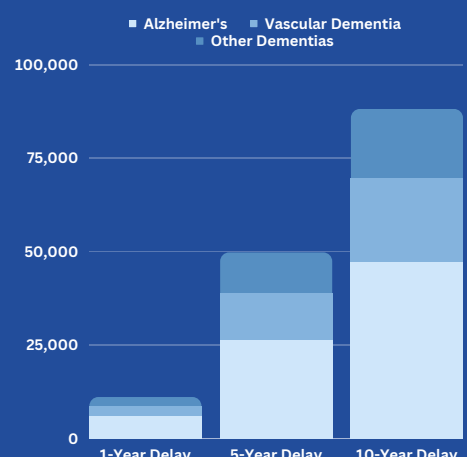
Diabetes

50%

of Manitobans know that challenging your brain and choosing a healthy lifestyle are strategies to reduce your risk of dementia.

11,000

new dementia cases could be prevented in Manitoba by 2050 if the onset of dementia is delayed by just 1 year.



Alzheimer Society
MANITOBA

Dementia Care & Brain Health

References

The Landmark Study Report 1: Navigating the Path Forward for Dementia in Canada Probe Research April 2021 Survey, Alzheimer Society of Manitoba