12 risk factors for dementia

- Physical inactivity
- Less education
- Diabetes
- Hearing loss
- Obesity
- High blood pressure
- Social isolation
- Air pollution
- Smoking
- Excessive alcohol
- Head injury
- Depression

Source: The Lancet Commission
How to reduce your risk of dementia

- Eat healthily
- Do activities you enjoy
- Avoid knocks to the head
- Look after your heart
- Keep active
- Check your hearing
- Stay socially connected

Source: The Lancet Commission