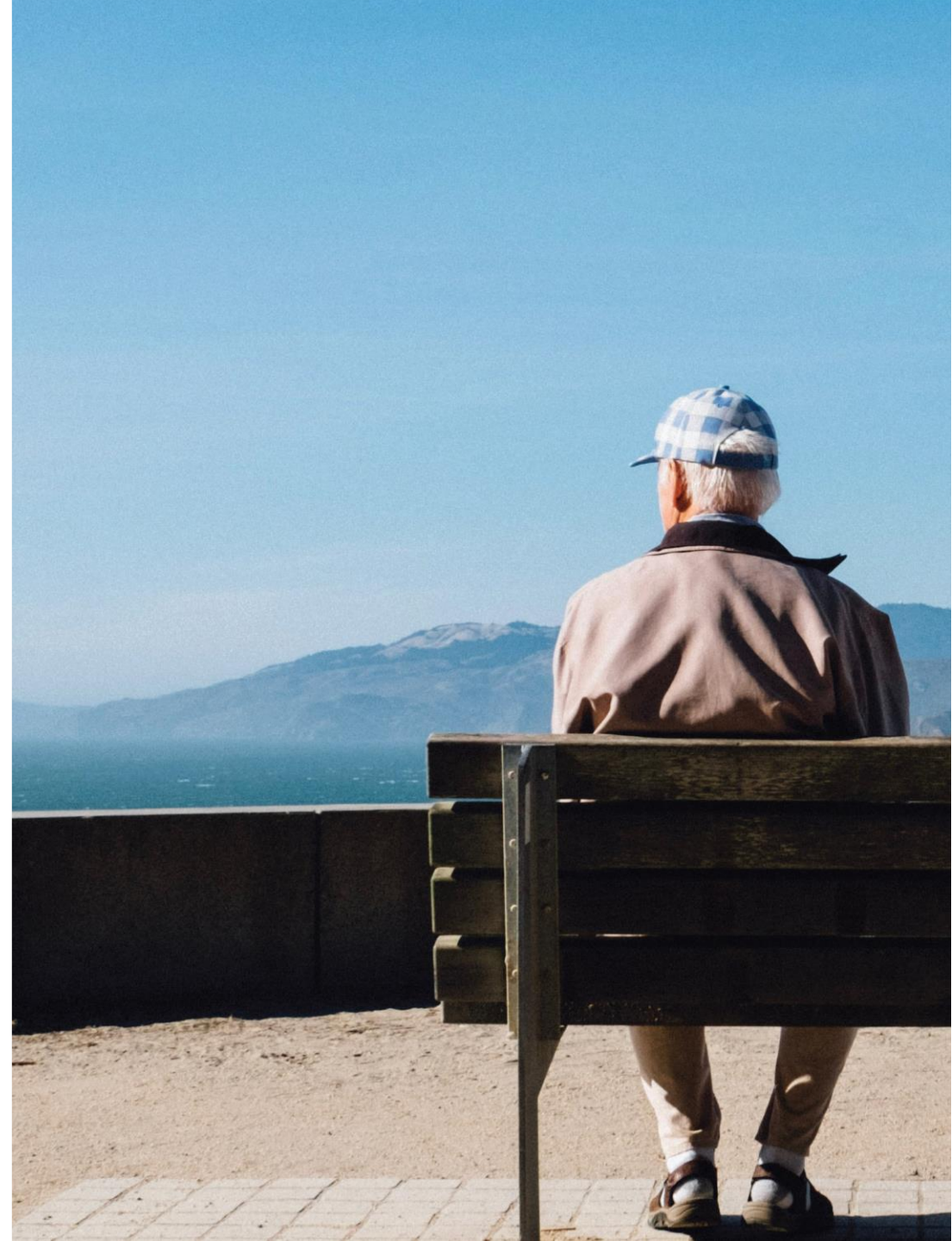
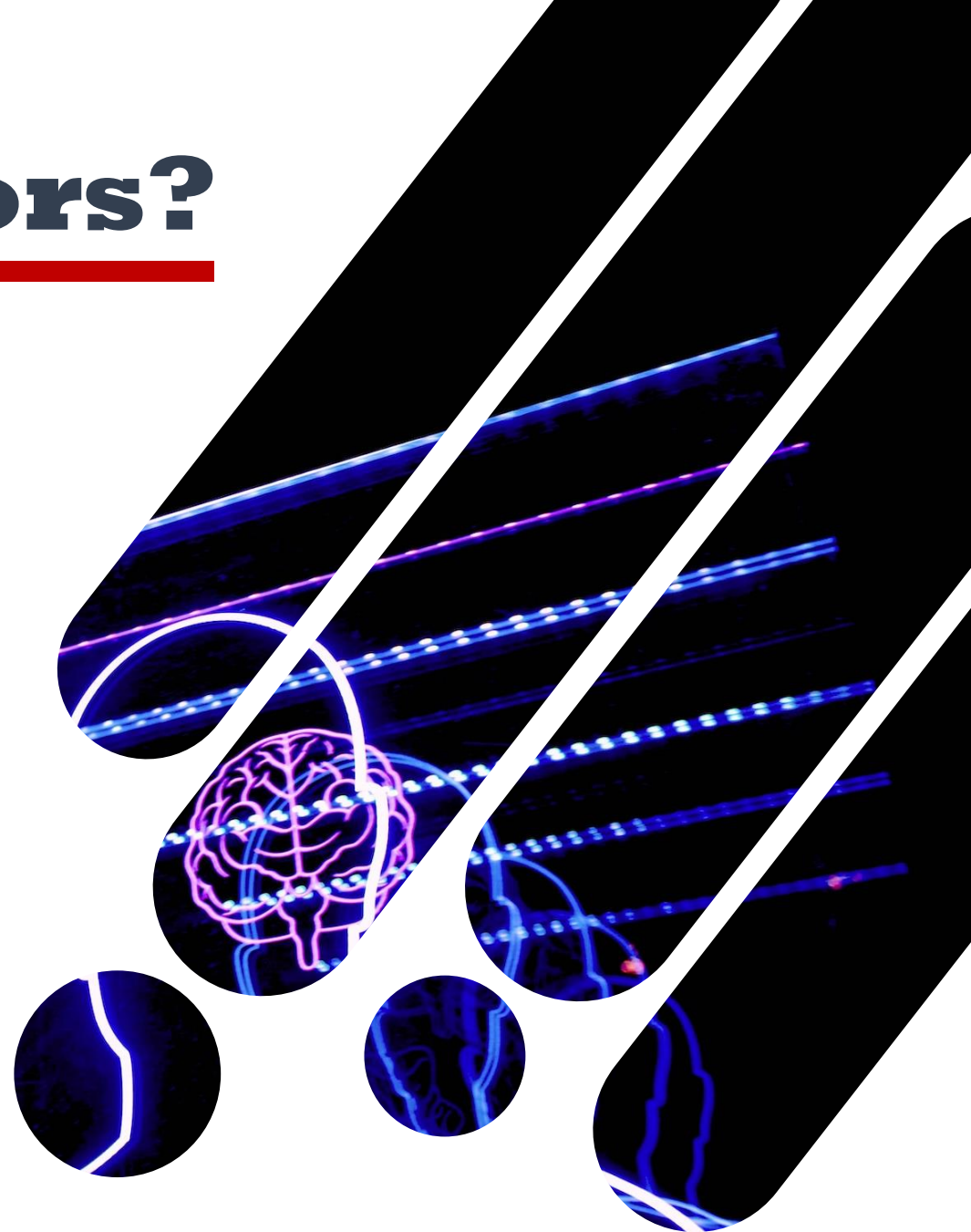


Risk Factors for Dementia



What are risk factors?

- Characteristics that increase your likelihood of getting a disease
 - Lifestyle
 - Environment
 - Genetic
- These do not cause the disease, but increase the chances of diagnosis.



Modifiable risk factors

- Hearing loss
- Hypertension
- Obesity
- Smoking
- Poor sleep
- Depression
- Physical inactivity
- Social isolation
- Diabetes
- Low education



Modifiable risk factors

- High Blood Pressure
 - Effects the heart, arteries and circulation increasing the risks for vascular dementia
- Poor Sleep
 - Contributes to cognitive decline and dementia. (Spira et al., 2014)
- Smoking
 - Smokers have a 45% higher risk of developing dementia vs. non-smokers
- Diabetes
 - Doubles the likelihood of developing dementia



Modifiable risk factors

- High Cholesterol
 - Increased risk of developing hypertension, diabetes and dementia
 - Drugs such as statins can lower the risk
- Obesity and lack of physical activity
 - Regular exercise can lower the risks
- Poor diet
 - Diets high in sugar, salt and saturated fats increase risk



Other modifiable risk factors

- Alcohol
 - Drinking more than 21 drinks (for men) and 14 drinks (for women) increases risk
- Low levels of formal education
 - No high school education appears to increase risk
 - Actively engaging one's brain (as happens in higher education) creates a *Cognitive Reserve* that protects the brain
- Depression
 - Unclear whether this is a cause or a predictor of dementia

Other modifiable risk factors

- Head injuries
 - Severe or repeated head injuries can increase the risk
 - Athletes in boxing, soccer, hockey, and football
- Hearing loss
 - Mild hearing loss can increase the risks of cognitive decline and dementia
- Social isolation



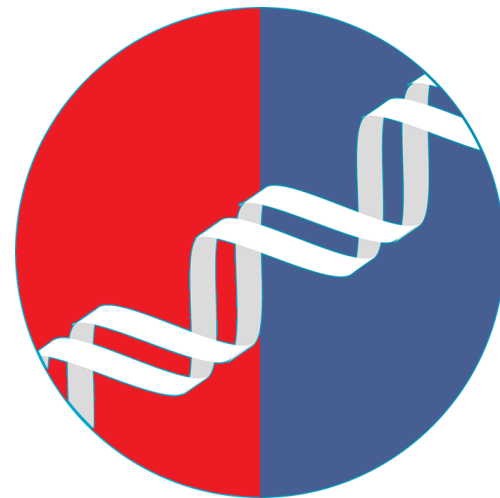
Non-modifiable risk factors

- Age
 - Dementia is not a normal part of aging
 - 1 in 20 Canadians over age 65 has Alzheimer's disease.
 - Risk of developing Alzheimer's disease doubles about every five years for people over 65
 - 25% of Canadians over 85 have Alzheimer's disease.



Non-modifiable risk factors

- Gender
 - Women are at higher risk than men
 - Risks are not the same for all types of dementia
- Genetics
 - Over 20 genes appear to increase the chance of developing Alzheimer's disease
 - PS1, PS2, and APP seem to cause Alzheimer's disease



Non-modifiable risk factors

- Parkinson's disease, multiple sclerosis, chronic kidney disease and HIV increase the risk of developing dementia
- Disorders such as Down's syndrome also increase the risk of early onset dementia

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Thank You

