

Seven Steps to Reduce Risk of Alzheimer's Disease

Step 1: Mindset shift – you matter

- All people regardless of age are valued and contribute to society
- Important to maintain health

Step 2: Treat what you can treat

- Stop smoking
- Reduce alcohol
- Manage medical conditions (heart disease, hypertension, diabetes, high cholesterol, thyroid disease, sleep disorders, pain, arthritis, anxiety and depression)

Step 3: Get active

- Find something you enjoy doing and make it a regular part of your routine
 - Aerobic (walking)
 - Strength (weights)
 - Flexibility (yoga, stretch)
 - Balance (tai chi)

Step 4: Watch your weight and diet - Watch what you consume

- Fruits and vegetables may protect against brain injury
- Limit sugar
- Take salt shaker off the table
- Switch to whole grains
- Add fish to diet

Step 5: Keep mind active with new things

- Work your brain – engage in novel ways
- Trying new things seems to be key

Step 6: Stress reduction and sleep

- Stress hormones contribute to risk of cognitive decline and dementia
- Sleep is important for reducing toxic molecules in the brain
- Reduce stress through social engagements, outdoor activities, pet therapy, meditation/prayer, and close personal connections

Step 7: Help in research

- Duke Bryan Alzheimer's Disease Research Center
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