

Alzheimer's Risk Reduction: Evidence-Based Guide

Key Finding

Up to 45% of dementia cases may be preventable or delayed by addressing modifiable risk factors.

Primary Sources

- Centers for Disease Control and Prevention
<https://www.cdc.gov/alzheimers-dementia/prevention/index.html>
- Alzheimer's Association
https://www.alz.org/alzheimers-dementia/research_progress/prevention
- The Lancet Commission on Dementia Prevention
<https://www.thelancet.com/commissions/dementia-prevention-intervention-care>

Evidence-Based Risk Reduction Factors

1. Cardiovascular & Metabolic Health

- Control blood pressure, cholesterol, and blood sugar
- Midlife hypertension is a major risk factor

2. Physical Activity

- Regular exercise improves brain blood flow and increases BDNF
- Associated with significantly lower dementia risk

3. Diet

- Mediterranean-style diet linked to reduced cognitive decline
- Emphasis: vegetables, healthy fats, whole foods

4. Sleep

- Deep sleep helps clear beta-amyloid proteins from the brain

5. Cognitive & Social Engagement

- Learning, problem-solving, and social interaction build “cognitive reserve”

6. Hearing Health

- Untreated hearing loss is a major modifiable risk factor

7. Brain Protection

- Avoid traumatic brain injury

Key Insight

No single intervention prevents Alzheimer's disease.
The benefit comes from combining multiple lifestyle factors.

Bottom Line

- ~45% of dementia risk is modifiable
- Lifestyle changes can significantly reduce risk
- Early and consistent action matters most

Disclaimer

This guide is for informational and educational purposes only and is based on research from reputable sources, including the CDC, Alzheimer's Association, and The Lancet Commission. It is not intended to diagnose, treat, or prevent any disease, including Alzheimer's or other forms of dementia.

Individual risk factors and outcomes vary. This information should not be considered medical advice, and you are encouraged to consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or care.