

The Importance of Dementia Prevention

Dementia is a syndrome where there is deterioration in memory, thinking, behavior and the ability to perform everyday activities.

Did you know that around 50 million people worldwide have dementia? And that there are nearly 10 million new cases each year? These statistics, provided by the [World Health Organization](#), showcase the importance of awareness when it comes to Alzheimer's and dementia diseases.

While the dementia diagnosis may be prevalent, this is not necessarily a normal part of the aging journey. Keep reading for a few tips on how to improve your health now and help prevent the onset of dementia in the future.

6 Tips on How to Prevent Dementia Naturally

1. Exercise Your Mind

Considering the fact that dementia greatly inhibits your cognitive function, it is most important to keep your brain active and healthy. Regularly challenging yourself mentally and keeping your mind active helps to reduce the risk of dementia. Find something that [challenges your brain](#) that you enjoy doing, like solving puzzles, playing card games or reading.

2. Stay Physically Active

Keeping your body active and maintaining physical exercise is good for your heart, weight and overall wellbeing. This all helps contribute to a stronger mind. In order to avoid burnout or viewing exercise as a "chore," [find a routine that works](#) for you that includes at least 150 minutes of moderate-intensity aerobic activity a week.

3. Keep a Balanced Diet

A healthy, balanced diet helps our bodies in a multitude of ways. For example, eating right can actually help you lower your risk for cognitive decline. One resourceful tool to begin your healthy eating journey is [MyPlate](#).

4. Don't Smoke and Drink Less

Drinking in excess and smoking both increase your risk of developing dementia. Aim to drink no more than 14 drinks per week and discuss [smoking cessation measures](#) with your healthcare provider or pharmacist.

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5. Reduce Stress

Studies have linked anxiety and stress to the development of Alzheimer's disease, especially for those already at risk. Find a way to [reduce the feelings of stress](#), like practicing meditation or spending more time with loved ones.

6. Talk to Your Doctor

With any healthcare concern, begin the discussion with your doctor. They will have the background knowledge and expertise needed to help guide you to a healthier lifestyle.

Discover a Healthy Lifestyle at Meadow Lakes

At Meadow Lakes, wellness is engrained in everything we do. Through our person-centered, award-winning wellness program, [LivWell](#), we ensure all seven dimensions of wellness are touched. Since the program is completely personalized, you'll be able to participate in activities you love and work on what is most important to you. From exercising in our fitness center or indoor pool to attending a drawing class in the art studio, there are plenty of opportunities in the community for you to improve your health.

[Contact us today](#) to learn more and schedule your personal tour.