

Share:    

Making Healthy Lifestyle Choices May Reduce Your Risk of Dementia

[Español](#)

Many factors may influence your risk of dementia, including genes, environment, and lifestyle. You can't change some factors, but, as with many diseases, there may be steps you can take to help lower your risk. In general, leading a healthy lifestyle may help address risk factors that have been associated with Alzheimer's disease and related dementias.

Share this infographic:

- [Download a PDF version](#) (PDF, 660K).

To share the image, right-click on it and select "save image as" to save the file to your computer. We encourage you to use the hashtag #NIAHealth in your social media posts to connect with people and organizations with similar goals.



Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia.

You may also be interested in

- Reading about [what is known about preventing Alzheimer's](#)
- Learning about [diet and prevention of Alzheimer's](#)
- Understanding [symptoms, types, and diagnosis of dementia](#)

Read a transcript of the infographic

+

Last updated: September 25, 2023

[Return to top](#)

Newsletters

Sign up to receive updates and resources delivered to your inbox.

Sign up

nia.nih.gov

An official website of the [National Institutes of Health](#)