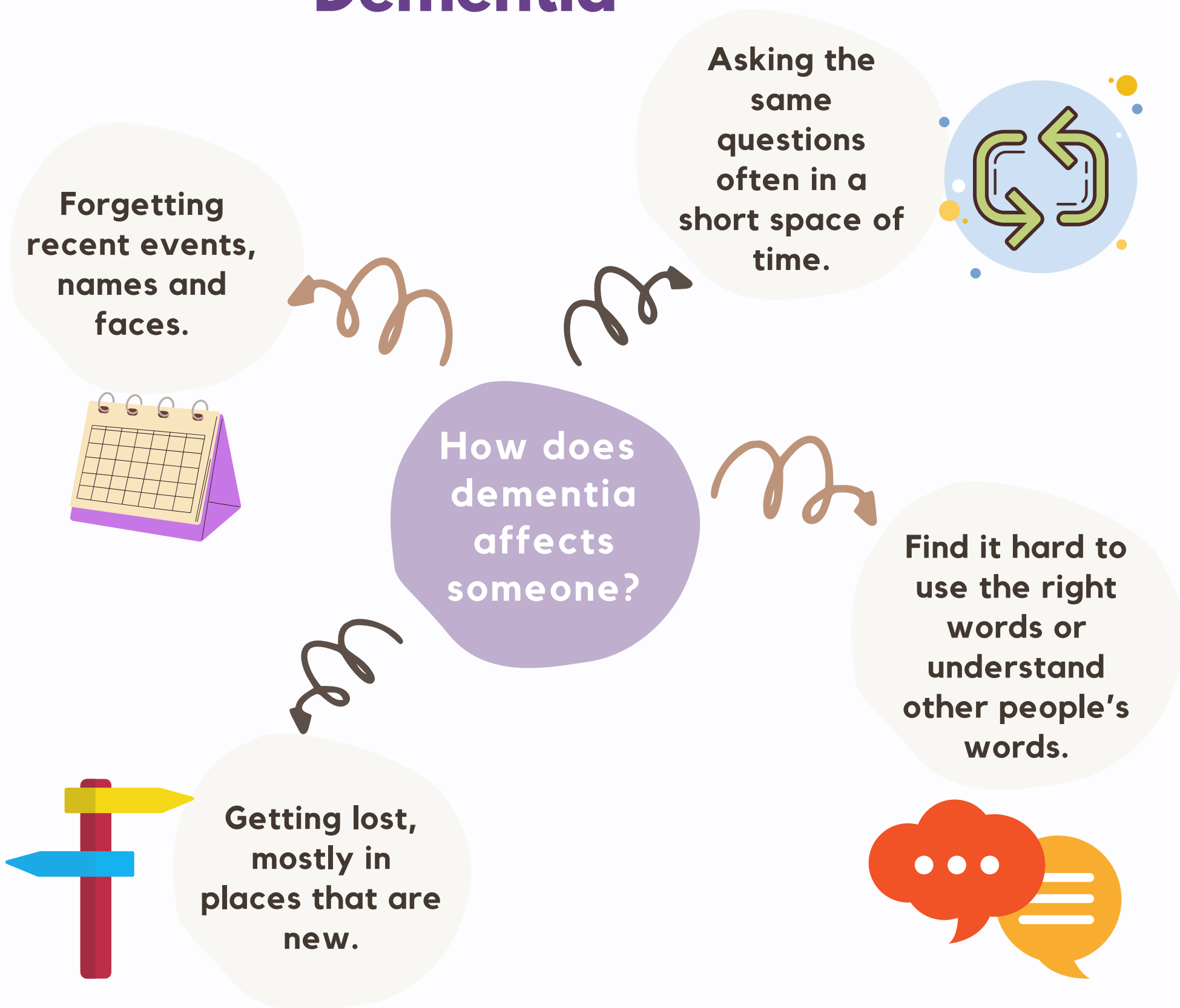


A quick guide to Dementia



Can I stop myself from getting dementia?

Ask your doctor to check your heart health, including blood pressure and cholesterol, and follow their advice if they are too high.



Keep using your brain – through activities or social groups you enjoy

Eat a balanced diet with plenty of fruit and vegetables.



Drink no more than 14 units of alcohol per week.