

Mayo Clinic Minute

3 factors that may help prevent memory loss

Video	Audio
Vivien Williams	Is there anything you can do to prevent memory loss or cognitive decline as you age?
Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer’s Disease Research Center	“The National Academies of Science reported that there may be three factors that can reduce the likelihood of developing cognitive decline later in life. The first was intellectual exercise.”
Vivien Williams	Mayo Clinic neurologist Dr. Ronald Petersen says the second factor is controlling blood pressure, especially during middle age.
Ronald Petersen, M.D., Ph.D.	“The third was aerobic exercise. Getting out there, being physically active, may reduce your risks of developing cognitive decline later.”
Vivien Williams	Dr. Petersen says this information is good news, because most people can work to embrace a healthy lifestyle that includes staying active mentally, working with their health care providers to control blood pressure, and moving more.
Ronald Petersen, M.D., Ph.D.	“I think that, as our lifestyles are changing — hopefully, becoming more healthy — that those kinds of risks will be reduced somewhat.”
Vivien Williams	Dr. Petersen also says eating a heart-healthy diet that includes fruits; vegetables; whole grains; lean meats; low-fat dairy; and fats, such as olive oil, may help, as well.
	For the Mayo Clinic News Network, I’m Vivien Williams.

