

Mayo Clinic Minute

3 tips to reduce your risk of Alzheimer's disease

Video	Audio
Vivien Williams VO: Older couple	Is there anything you can do to reduce your risk of Alzheimer's disease?
Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer's Disease Research Center	"There are a few things that we can do that maybe will not, say, prevent Alzheimer's disease definitively, but may delay its onset, and slow its progression if it develops."
Vivien Williams	Dr. Ronald Petersen has three tips that research shows can help reduce your risk. No. 1 is physical activity.
Ronald Petersen M.D., Ph.D.	"If you exercise moderately — aerobic exercise — and by that, we mean maybe 150 minutes a week. So 50 minutes three times or 30 minutes five times. Vigorous walking, swimming, jogging, if you're up to it."
Vivien Williams	No.2 is staying intellectually active. And No. 3 is diet.
Ronald Petersen M.D., Ph.D.	"Most people now recommend the Mediterranean diet."
Vivien Williams	Eat a diet full of fruits and vegetables, fish, healthy oils, whole grains, and less meat and saturated fat.
Ronald Petersen M.D., Ph.D.	"As we gain more information about our lifestyle over our general health, I think it's important to realize that the brain is also in that picture."
	For the Mayo Clinic News Network, I'm Vivien Williams.