

Mayo Clinic Minute

Brain activities decrease dementia risk

Video	Audio
Vivien Williams	Staying mentally active, even later in life, may decrease your risk of mild cognitive impairment or dementia.
Janina Krell-Roesch, Ph.D. Translational Neuroscience and Aging Program Mayo Clinic	"Engaging in two or more different mentally stimulating activities reduces the risk of mild cognitive impairment. "
Vivien Williams	Dr. Janina Krell-Roesch says a Mayo Clinic study looked at five different mentally stimulating activities.
Janina Krell-Roesch, Ph.D.	"Using a computer; reading books; social activities, such as going to the movies or meeting with friends; playing games, such as doing crosswords or doing puzzles; and craft activities."
Vivien Williams	Results showed three things. No. 1: The more activities you do, the more it decreases your risk. No.2: It is never too late to start. And No. 3: You don't need any fancy brain game gadgets.
Janina Krell-Roesch, Ph.D.	"Simple activities, such as meeting friends, going out to a museum, playing games, these things were actually beneficial for brain health."
	For the Mayo Clinic News Network, I'm Vivien Williams.