

## Mayo Clinic Minute: Reducing dementia risks

Video	Audio
	Not every older adult will develop dementia, but there are risk factors that can be modified or changed.
Ronald Petersen, M.D., Ph.D. Neurology Mayo Clinic	"Some of these are cardiovascular issues, like blood pressure, smoking, obesity, diabetes, education. Sleep is an important factor, as well as social isolation and the development of depression."
	Heavy alcohol use, hearing loss and air pollution may also be risk factors.
	"If one were to attack one or more of these, you may actually be able to reduce your risk of developing cognitive impairment as you age."
	Dr. Petersen says stay active — physically, socially and intellectually.  You should: <ul style="list-style-type: none"><li>• Exercise.</li><li>• Read books.</li><li>• Go to lectures.</li><li>• See family and friends.</li><li>• Get your hearing checked.</li></ul>
	"And then maybe most importantly is sleep hygiene. Many people have difficulty with sleeping as they age for a variety of reasons."