

Various types of senile dementia develop under the influence of a number of factors. They include a genetic predisposition, problems with the cardiovascular system, insufficient care of yourself, an incorrect lifestyle.

**Physical activity.** The results of the study presented at the International Conference of the Association for the Combating of Alzheimer's disease of 2025 showed that physical activity, especially walking, protects against reducing cognitive functions even those who have genes predisposing Alzheimer's disease.

**Stress management.** To do this, revise your responsibilities and deeds, place it correctly priorities, think about your own goals and values, talk with a therapist about how to introduce healthy thinking into your life, delegate tasks if necessary, think about what classes will reduce anxiety (physical exercises, meditation, deep breathing, communication, hobbies, reading, keeping a diary).

**Diet.** To prevent the development of dementia, eat a lot of vegetables and fruits, include low-fat meat and fish, complex carbohydrates in the diet, maintain healthy weight, avoid processed foods, fried foods, excessive amounts of sugar, refuse alcohol or consume it in moderate quantities.

The habits that will protect you from dementia and disease  
Alzheimer are named



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**Communication.** This habit also reduces the likelihood of developing dementia. High - quality social interaction also reduces stress and improves mental abilities.

**Cognitive training.** It may include the use of virtual reality, coaching on health and education.

**Accountability.** Other people can also help you change your lifestyle. As part of a study on the protection of brain health, by changing lifestyle in order to reduce risk (US Pointer), two groups were compared: one independently changed the lifestyle, and the other followed the structured program. It turned out that the second group had more cognitive improvements.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***