

Protect your brain.

Alzheimer's risk reduction starts earlier than you think.

The choices you make—starting in your teens—can significantly affect your risk of developing Alzheimer's disease and related dementias (ADRD).

Research shows that addressing 14 modifiable risk factors could help prevent or delay up to 45% of ADRD cases across the population.

**It's never too early to start.
It's never too late to improve.**



Brain health across your life

Teens & 20s: Build the foundation

- Protect your hearing
- Keep learning
- Prevent head injuries
- Reduce air pollution exposure
- Avoid tobacco and limit alcohol

30s, 40s & 50s: Stay on the path

- Control chronic conditions
- Address depression and chronic stress
- Check your vision
- Stay physically active
- Maintain a healthy weight

60s & Beyond: Protect Independence

- Address hearing loss
- Stay socially connected
- Stay physically active and prevent falls
- Speak up about depression
- Protect vision

What this means for you:

Talk with your family physician about steps you can take now to protect your cognitive health for the future. Early action provides the greatest benefit.

