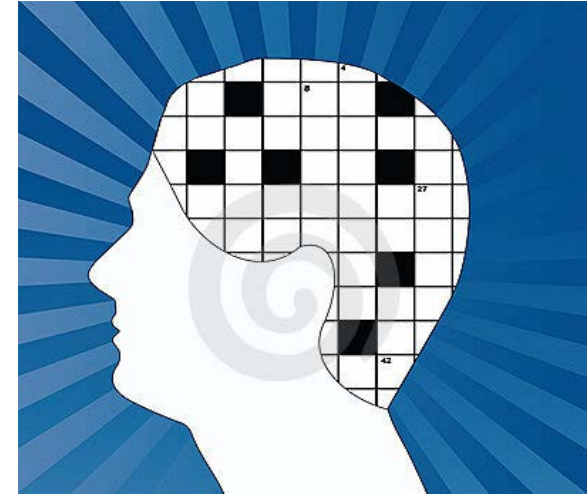




PROMOTE COGNITIVE HEALTH: REDUCE YOUR DEMENTIA RISK



Get **SMART**...ask your Physical Therapist:

What percentages of people age 65 and 85 have Alzheimer's dementia?

What is the **BIGGEST**, *preventable* risk factor for dementia in the United States! ¹

- A. Diabetes
- B. High blood pressure
- C. Obesity
- D. Smoking
- E. Depression
- F. Cognitive inactivity
- G. Physical inactivity

1. Barnes, Deborah and Yaffe, Kristine, "The projected effect of risk factor reduction on Alzheimer's disease prevalence." *The Lancet Neurology*, Early Online Publication, 19 July 2011. doi:10.1016/S1474-4422(11)70072-2.

Engage your patients in activities and discussions focused on reducing their dementia risk:

Establish a **healthy weight** management tracking record.

Screen for depression and dementia.

Test **foot** *sensation*.

Assess physical fitness.

Teach **self-assessment** of blood pressure.

Promote awareness of the *seven risk factors* for dementia.

Answers: 13% and 50%; G. (Alzheimer's Association Report)