



Support your health and reduce your dementia risk

Turning 50 is a good time to think about your future, and how you can stay healthier for longer. This includes your brain health and reducing your risk of dementia.

Dementia can affect memory, thinking and mood. Some cases can't be avoided, but did you know that nearly half of all dementia cases could be prevented or delayed? There are things you can do that can make a real difference – you may already be doing some of them.

It's never too early, or too late, to reduce your dementia risk. Here are things you can do:

 Stay active and eat a balanced diet	 Get regular vision and hearing checks	 Look after your heart health and manage diabetes
 Seek help for mental health	 Quit smoking and limit alcohol	 Be social and keep your brain active



Learn how you can reduce your risk

Scan the QR code or visit health.gov.au/dementia to get your personalised dementia risk score and to learn more.

If you need more help – talk to your doctor or healthcare provider.

Support is available

If you or someone you know is experiencing memory problems or signs of dementia, you can get free and confidential support from the 24/7 National Dementia Helpline **1800 100 500**.