
Top 3 Key Factors in Dementia Prevention

Description

For many of us, the notion that dementia, the memory-thieving disorder, is an unavoidable aspect of aging seems almost a given.

Through the years, numerous theories have emerged, connecting this incurable malady to various lifestyle factors, including bedtime habits and alcohol consumption.

Yet, a recent comprehensive review suggests that merely three factors significantly influence the risk of developing dementia.

Understanding dementia — the basics

Dementia affects the brain, progressively impairing thinking, memory, and communication abilities.

Rather than being a single disease, it is an umbrella term for a range of symptoms resulting from brain damage.

Although Alzheimer's disease is the leading cause of dementia, others such as vascular dementia and Lewy body dementia also play a role.

Brain health and preventing dementia

Scientists at the [RAND Corporation](#) have conducted an extensive study of over 20,000 senior citizens over the span of three decades.

Their findings reveal that lack of hobbies, obesity, and a sedentary lifestyle after 60 are the most telling predictors of dementia.

Hobbies, weight, and physical activity

Engaging in hobbies enriches life with purpose and keeps the mind agile, thereby fostering brain health.

Regular physical activity promotes healthy blood circulation essential for long-term brain health.

Conversely, obesity may hinder circulation, increasing dementia risk.

The surprising role of alcohol

Interestingly, while factors such as smoking have minimal impact on dementia, alcohol consumption shows a surprising pattern.

Light to moderate drinking might reduce dementia risk, particularly types tied to cardiovascular health,



whereas heavy drinking poses severe dangers.

Proactive steps for preventing dementia

Understanding and mitigating dementia risks are crucial for healthy aging. While these insights do not promise prevention, they illuminate strategies that might help fend off dementia, like maintaining an active lifestyle, managing weight, and engaging the mind through hobbies.

For further insights, explore the [RAND research report](#).

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Vocabulary List:

1. **Dementia** /dɪ'menʃə/ (noun): A progressive disorder affecting memory thinking and communication capabilities.
2. **Incurable** /ɪn'kjʊərəbl/ (adjective): Not able to be cured or remedied.
3. **Sedentary** /'sed.ən.tər.i/ (adjective): Characterized by much sitting and little physical exercise.
4. **Cognitive** /'kɒg.nɪ.tɪv/ (adjective): Related to the mental processes of perception memory judgment and reasoning.
5. **Circulation** /,sɜːr.kjə'leɪ.ʃən/ (noun): The movement of blood through the vessels of the heart and body.
6. **Equate** /ɪ'kwet/ (verb): To consider one thing to be the same as or equivalent to another.

Comprehension Questions

Multiple Choice

1. What are some lifestyle factors associated with dementia in the text?

Option: Bedtime habits

Option: Alcohol consumption

Option: Lack of hobbies

Option: Obesity

2. According to the text, what are the most telling predictors of dementia?



- Option: Smoking and alcohol consumption
- Option: Obesity, lack of hobbies, and a sedentary lifestyle after 60
- Option: Genetic factors only
- Option: Excessive physical activity

3. What does regular physical activity promote according to the text?

- Option: Healthy blood circulation
- Option: Increased obesity
- Option: Dementia risk
- Option: Memory loss

4. Which of the following statements about alcohol consumption and dementia is true based on the text?

- Option: Light to moderate drinking always leads to dementia
- Option: Heavy drinking reduces dementia risk
- Option: Alcohol consumption has no impact on dementia
- Option: Light to moderate drinking may reduce dementia risk

5. What is described as the "surprising role of alcohol" in the text?

- Option: Heavy drinking has no effect on dementia risk
- Option: Light to moderate drinking can reduce dementia risk
- Option: Alcohol consumption is not linked to dementia at all
- Option: Alcohol consumption increases dementia risk

6. According to the text, what strategies might help fend off dementia?

- Option: Smoking cessation
- Option: Alcohol abstinence
- Option: Maintaining an active lifestyle, managing weight, and engaging in hobbies
- Option: Sleeping for longer hours

True-False

- 7. Dementia only refers to a single disease according to the text.
- 8. Alzheimer's disease is the only cause of dementia as per the text.
- 9. Obesity is mentioned as a factor that can increase dementia risk.
- 10. Alcohol consumption has no impact on dementia according to the text.



11. Maintaining an active lifestyle is not considered a strategy to help prevent dementia.

12. The text suggests that smoking is a major predictor of dementia.

Gap-Fill

13. According to the text, a sedentary lifestyle after 60 is a significant predictor of _____.

14. Regular physical activity promotes healthy _____ essential for long-term brain health.

15. Lack of hobbies, obesity, and a sedentary lifestyle after 60 are the most telling predictors of _____.

16. Understanding and mitigating dementia risks are crucial for healthy _____.

17. Maintaining an active lifestyle, managing weight, and engaging in hobbies are strategies that might help fend off _____.

18. According to the text, maintaining an active lifestyle after 60 can help reduce the risk of developing _____.

Answer

Multiple Choice: 1. Lack of hobbies 2. Obesity, lack of hobbies, and a sedentary lifestyle after 60 3. Healthy blood circulation 4. Light to moderate drinking may reduce dementia risk 5. Light to moderate drinking can reduce dementia risk 6. Maintaining an active lifestyle, managing weight, and engaging in hobbies

True-False: 7. False 8. False 9. True 10. False 11. False 12. False

Gap-Fill: 13. dementia 14. blood circulation 16. aging

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)



1. What term refers to any sickness or disease?

- Option: Inflammation
- Option: Omega-6
- Option: Moderation
- Option: Ailments

2. Which term relates to the ability to conceive a child or produce offspring?

- Option: Ailments
- Option: Resilience
- Option: Fertility
- Option: Anxiety

3. What is a customary allowance of food and drink?

- Option: Health
- Option: Empowered
- Option: Diet
- Option: Anxiety

4. Which term describes something difficult to find catch or achieve?

- Option: Contractions
- Option: Elusive
- Option: Ultraprocessed
- Option: Ingredients

5. Which term relates to the mental action or process of acquiring knowledge and understanding?

- Option: Circulation
- Option: Equate
- Option: Cognitive
- Option: Heighten

6. What term refers to the quality or condition of being widespread?

- Option: Prevalence
- Option: Warranting
- Option: Heighten
- Option: Fertility

7. Which term describes a lifestyle involving much sitting and little physical activity?

- Option: Resilience
- Option: Empowered
- Option: Sedentary
- Option: Health

8. Which term refers to a feeling of worry nervousness or unease about something with an uncertain



outcome?

- Option: Ultrasound
- Option: Reassure
- Option: Anxiety
- Option: Contemplate

9. What term describes the body's response to injury or infection often resulting in pain swelling and redness?

- Option: Inhibiting
- Option: Anticholinergics
- Option: Inflammation
- Option: Omega-6

10. Which term means to give someone the authority or power to do something?

- Option: Empowered
- Option: Resilience
- Option: Anticholinergics
- Option: Cognitive

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ foods often contain high amounts of added sugars fats and salt.
12. Before making a decision it is essential to carefully _____ the options available.
13. Smoking can _____ the risk of developing lung cancer.
14. To bake a cake you need to gather all the necessary _____.
15. Individuals with strong _____ are better equipped to cope with difficult situations.
16. The severity of the situation may be _____ further investigation.
17. _____ is a condition characterized by a decline in cognitive function.
18. One should not _____ wealth with happiness.
19. Balancing your intake of Omega-3 and _____ fatty acids is important for good health.
20. Some medications work by _____ the action of acetylcholine in the nervous system.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Cells with similar structure and function group together to form specific organs like the heart or lungs.
22. This imaging technique is commonly used to monitor fetal development during pregnancy.
23. Cooking often involves combining various components such as vegetables meat and spices to create a dish.
24. Substances that help mix ingredients that would not typically blend like oil and water are known as .
25. During labor the uterus experiences rhythmic tightenings known as to help with childbirth.
26. Regular exercise and a balanced diet are crucial for maintaining overall and well-being.
27. Some diseases have no known cure and are described as .
28. Certain substances can prevent or slow down chemical reactions in the body which is known as their activity.
29. The key to a healthy lifestyle often involves enjoying all things in rather than excess.
30. Providing comfort and support to someone in distress can help them during challenging times.

Answer

Multiple Choice: 1. Ailments 2. Fertility 3. Diet 4. Elusive 5. Cognitive 6. Prevalence 7. Sedentary 8. Anxiety 9. Inflammation 10. Empowered

Gap-Fill: 11. Ultraprocessed 12. Contemplate 13. Heighten 14. Ingredients 15. Resilience 16. Warranting 17. Dementia 18. Equate 19. Omega-6 20. Anticholinergics

Matching sentence: 1. Tissues 2. Ultrasound 3. Ingredients 4. Emulsifiers 5. Contractions 6. Health 7. Incurable 8. Inhibiting 9. Moderation 10. Reassure

CATEGORY

1. Health - LEVEL4

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