

Download Dementia And You Care Protection And Reducing Risk

Want to reduce your risk of developing Alzheimer's disease as well as other types of dementia? Here are 11 foods that researchers have repeatedly studied and found to be correlated with a lower risk of dementia. I did my first "research" paper in 2nd grade. I chose Harriet Tubman. When I learned what one woman could accomplish against unbelievable odds, I was hooked. I devoured stories of female trailblazers, marvelling at Marie Curie, Elizabeth Cady Stanton, and Dr Elizabeth Blackwell. Rosa Parks, Amelia Earhart, and Malala Yousafzai have inspired me. Follow the conference on Twitter #EndofLifeDementia "The Challenge's ambition is for every person with dementia, and their carers and families, to receive high quality and compassionate care from diagnosis to end of life; with consistent access and care standards across the country. A major report released by the Lancet International Commission on Dementia Prevention and Care in 2017 concluded that up to 35 percent of dementia cases can be delayed or even avoided altogether. "The main message is that there are modifiable risk factors that can reduce your risk," says Maria C ...