

# Can Alzheimer disease be prevented?

Dementia shares many risk factors with cardiovascular diseases, including

- Hypertension
- Hypercholesterolaemia
- Obesity
- Diabetes

It is possible actively to lower the risk of getting dementia. Healthy food and physical and mental activity will reduce the risk.

The effect of the healthier lifestyle of the last decade is showing: Some studies indicate that physicians see less new AD cases than expected and they are older.

