

Commit to these 10 Things to Keep Your Alzheimer's and Dementia Risk in Check



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If the figures given by the Alzheimer's Association are to be believed, approximately [5.4 million](#) people in the US had Alzheimer's disease in 2016. Even though there is no cure for these debilitating conditions yet, all is not lost – there is still some hope. [Research](#) indicates that a few positive changes in your life can help reduce your risks of Alzheimer's and dementia. It is said that prevention is better than cure, and it totally applies to such disorders. Here are 10 things that you can do to combat your risks of developing Alzheimer's and dementia.

1. Laugh Often

When it comes to Alzheimer's and dementia, laughter is indeed the best medicine. Laughing, playing, and being active are some of the best ways to [grow new brain cells](#) and keep your brain busy. Some of the other benefits of laughing include stress relief, lower blood glucose levels, and a stronger immune system.

2. Incorporate Vitamin K into Your Diet

Green leafy vegetables are a great source of vitamin K, so be sure to include them in your diet, or you could also choose to take a vitamin K supplement. Vitamin K may help in preventing Alzheimer's and dementia because of its anti-aging properties.

3. Throw away Your Cigarettes

According to a 2014 report by the World Health Organization, smokers were shown to have a [45 percent](#) higher risk of developing dementia than the non-smokers. Quit smoking today if you want to keep your Alzheimer's and dementia risk in check.

4. Become bilingual or multilingual

Learning a new language has been linked to the delay in the onset of these diseases. Controlling and conversing in two languages makes the grey cells in our brain work hard, and keeps them from deteriorating.

5. Meditate Regularly

Although it may seem easy, silencing the thoughts in your brain is nothing less than a workout. Meditation helps reduce your risks of developing dementia by reducing the cortisol levels in your body. Relieving stress is an added benefit of meditation.

6. Clock in a Weekly Run of 15 Miles

Apart from building up your stamina and accelerating your metabolism, running has another great benefit. According to a study published in the Journal of Alzheimer's Disease, [running 15 miles per week](#) can reduce your risk of Alzheimer's by 40 percent.

7. Pay Attention to Your Sugar Intake

There is a strong link between diabetes and Alzheimer's disease. In fact, some people believe that Alzheimer's disease can actually be the third type of diabetes. Reducing your risk of diabetes will in turn reduce your risk of Alzheimer's and dementia.

8. Include More Fish in Your Daily Diet

Protecting you against heart disease, controlling blood clotting, preventing atrophy of brain tissue, and building the cell membranes in your brain - omega-3 fatty acids do have some spectacular benefits. Fish is the richest source of these fatty acids.

9. Make a Note of the Early Symptoms of Alzheimer's and Dementia

Forewarned is better armed. Some of the early signs of Alzheimer's include problems in vision, difficulty completing routine tasks, and not being able to keep a track of dates.

Remember, the sooner you identify the symptoms, the sooner you can start your treatment!

10. Keep a Tab on Your Stress Levels

Stress is never good for health, and especially not if you already have a risk of developing Alzheimer's. Therefore, ensure that you have all the tools and strategies in place to effectively manage your stress.

You can reduce your risk of [developing Alzheimer's](#) and other forms of dementia by committing to do these 10 things.