

Scientific Articles and Lay Articles for Dementia Prevention

1.) Food/Diet

- a.) <https://pubmed.ncbi.nlm.nih.gov/25681666/>
Article cited in NIH Institute for Aging info sheet; concludes that high adherence to MIND diet saw a 53% reduction in the rate of Alzheimer's Disease; lower adherence groups also saw a reduction
- b.) <https://alzres.biomedcentral.com/track/pdf/10.1186/s13195-018-0453-0.pdf>
Discusses alcohol use and dementia; moderate consumption may decrease risk, heavy consumption increases risk; mentioned in the Lancet Commission
- c.) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3024594/>
Study found that higher adherence to Mediterranean Diet was associated with decreased risk of AD; each additional unit of Mediterranean Diet score was associated with 9-10% risk reduction, with "high adherence" seeing around 40% lower risk
- d.) <https://agsjournals.onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.14922>
Uses the Health and Retirement Study; found that high adherence to either the MIND or Mediterranean Diet saw a risk reduction for cognitive impairment of 30-35%
- e.) <https://www.sciencedirect.com/science/article/abs/pii/S1552526018336288>
In Australia; shows 19% risk reduction for clinically diagnosed dementia; 53% reduction in risk for overall cognitive impairment for high adherence to MIND diet; showed that MIND diet was more effective than general Mediterranean diet
- f.) <https://onlinelibrary.wiley.com/doi/abs/10.1002/ana.23594> Dietary intakes of berries and flavonoids in relation to cognitive decline
- g.) Mediterranean style diet may prevent dementia
<https://www.cnn.com/2017/07/17/health/mediterranean-style-diet-prevents-dementia/index.html>
- h.) No Amount Of Drinking Alcohol Is Safe For Brain Health
<https://www.forbes.com/sites/elvaramirez/2021/06/01/study-no-amount-of-drinking-alcohol-is-safe-for-brain-health/?sh=f0e11c27eaaf>
- i.) Mediterranean diet may prevent memory loss and dementia
<https://www.cnn.com/2021/05/05/health/mediterranean-diet-memory-loss-dementia-wellness/index.html>
- j.) MIND diet plan and foods to eat: What is the MIND diet?
<https://www.today.com/health/mind-diet-plan-foods-eat-what-mind-diet-t183797>

2.) Exercise/Movement

- a.) <https://content-iospress-com.proxy.lib.uiowa.edu/articles/journal-of-alzheimers-disease/jad180768>
Showed a 19% risk reduction for those engaged in weekly moderate to vigorous physical activity
- b.) <https://pubmed.ncbi.nlm.nih.gov/29540588/>

Showed an 88% reduction in risk of dementia for high activity compared to medium activity in women

- c.) <https://www-sciencedirect-com.proxy.lib.uiowa.edu/science/article/pii/S0161813X17300554>
Review of several studies pertaining to dementia; has section on physical activity; cites studies that show 45%, and 41% reduction in risk for dementia;
 - d.) <https://pubmed.ncbi.nlm.nih.gov/15781953/>
Shows association of higher levels and types of physical activity with lower risk of dementia
 - e.) How Walking Can Build Up the Brain - The New York Times
<https://www.nytimes.com/2021/07/14/well/move/exercise-walking-brain-memory.html>
 - f.) Walking and Other Aerobic Exercise May Aid the Aging Brain
<https://www.nytimes.com/2021/03/31/well/move/seniors-memory-walking.html>
 - g.) Physical inactivity could increase risk of diseases, study finds
<https://www.cnn.com/2021/03/29/health/physical-inactivity-disease-risk-wellness/index.html>
 - h.) How Exercise May Bolster the Brain
<https://www.nytimes.com/2020/07/15/well/move/how-exercise-may-bolster-the-brain.html>
 - i.) Exercise and the brain: why moving your body matters
https://www.sciencefocus.com/the-human-body/exercise-and-the-brain-why-moving-your-body-matters/?utm_campaign=Exercise+and+the+brain%3A+why+moving+your+body+matters&utm_medium=referral&utm_source=AppleNews
- 3.) Social Engagement
- a.) <https://pubmed.ncbi.nlm.nih.gov/10776744/>
Found that a lack of social engagement increased risk of dementia by 60%
 - b.) <https://pubmed.ncbi.nlm.nih.gov/12048221/>
Found decreased risk of dementia with increased social engagement
 - c.) <https://pubmed.ncbi.nlm.nih.gov/30452410/>
Showed that poor social engagement increased risk by 55% over several studies
 - d.) The surprising benefits of talking to strangers
<https://www.bbc.com/future/article/20200914-the-surprising-benefits-of-talking-to-strangers>
 - e.) Loneliness: 5 things you may not know about how it affects your health
<https://www.cnn.com/2020/02/09/health/loneliness-effects-things-to-know-wellness/index.html>
- 4.) Using Brain/Mental Engagement
- a.) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6583858/>

- Shown long and short term mental engagement reduced risk
- b.) <https://pubmed.ncbi.nlm.nih.gov/12815136/>
Shows 63% reduction for the highest cognitive engaged
 - c.) <https://n.neurology.org/content/59/12/1910.short>
Found that a 1-point increase in cognitive activity score decreased risk of Alzheimer's Disease by 63%
 - d.) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673771/>
Greater midlife cognitive engagement saw a 26% reduction in dementia risk
 - e.) <https://academic.oup.com/aje/article/173/9/1004/122169>
Better cognitive lifestyle decreased long term dementia risk by 40%
 - f.) How to Keep Your Brain Sharp As You Age
<https://time.com/6053519/how-to-keep-brain-sharp-aging/>

Other Topics

5.) Stress

- a.) <https://content.iospress.com/articles/journal-of-alzheimers-disease/jad180478>
For every additional Vital Exhaustion symptom, dementia incidence increases by 2%
- b.) <https://academic.oup.com/brain/article/133/8/2217/385486>
Frequent stress midlife led to increased risk of dementia (see article for numbers)

6.) Sleep

- a.) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8058039/>
Persistent short sleep duration (less than 6 hours) during your 50s, 60s, and 70s led to 30% increase in dementia risk
- b.) <https://jamanetwork.com/journals/jama/fullarticle/1104205?alert=article>
1.9x greater risk of Mild Cognitive Impairment/dementia for women who have sleep disorders
- c.) Deep Sleep Protects Against Alzheimer's Disease : NPR
<https://www.npr.org/sections/health-shots/2020/11/17/935519117/deep-sleep-protects-against-alzheimers-growing-evidence-shows>

7.) Hearing

- a.) <https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2755646>
For every 10 db decrease in hearing, there was a 1.97 decrease in score on a cognitive assessment (DSST)
- b.) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5824986/>
Found significant association between hearing loss and dementia through analysis of several studies
- c.) <https://academic.oup.com/biomedgerontology/article/73/10/1383/4783130>

an increased risk of disability and dementia was found for participants reporting hearing problems, increased risk of depression in men reporting hearing problems; these associations were not found in those using hearing aids.

- d.) For Better Brain Health, Preserve Your Hearing - The New York Time
<https://www.nytimes.com/2019/12/30/well/live/brain-health-hearing-dementia-alzheimers.html>

8.) Other

- a.) <https://journals.sagepub.com/doi/10.1177/1533317511421779>
Having at least one APOE-e4 allele led to a 40% increase in dementia risk
- b.) <https://jamanetwork.com/journals/jama/fullarticle/2738355> A healthy lifestyle was associated with lower risk of dementia among participants with low or high genetic risk
- c.) Tooth Loss and Dementia
<https://scitechdaily.com/tooth-loss-is-a-risk-factor-for-cognitive-impairment-and-dementia/>
- d.) Lifestyle Choices and Brain Health
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6787147/>
- e.) Flu and pneumonia vaccines may reduce risk for Alzheimer's, studies find - CNN
<https://www.cnn.com/2020/07/27/health/flu-pneumonia-shot-lowers-alzheimers-risk-wellness/index.html>
- f.) Dark chocolate's benefits: A heart-healthy option when done in moderation
<https://www.cnn.com/2020/07/22/health/dark-chocolate-benefits-wellness/index.html>
- g.) Negative thinking linked to dementia in later life, study finds
<https://www.cnn.com/2020/06/07/health/negative-thinking-dementia-wellness/index.html>
- h.) The Link Between Diet, Exercise and Alzheimer's
<https://www.wsj.com/articles/the-link-between-diet-exercise-and-alzheimers-11572427802>