PROMOTE
COGNITIVE HEALTH:
REDUCE YOUR DEMENTIA RISK

Get SMART...ask your Physical Therapist:
What percentages of people age 65 and 85 have Alzheimer’s dementia?

What is the BIGGEST, preventable risk factor for dementia in the United States?¹

A. Diabetes
B. High blood pressure
C. Obesity
D. Smoking
E. Depression
F. Cognitive inactivity
G. Physical inactivity


Engage your patients in activities and discussions focused on reducing their dementia risk:

Establish a healthy weight management tracking record.

Screen for depression and dementia.

Test foot sensation.

Assess physical fitness.

Teach self-assessment of blood pressure.

Promote awareness of the seven risk factors for dementia.

Answers: 13% and 50%; G. (Alzheimer’s Association Report)