Ageless Coach AGE STRONG. LIVE LONG.

YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Dementia-Risk Plan

For families watching a parent, and anyone in midlife who wants to protect their brain. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST MAYO CLINIC · NATIONAL INSTITUTE ON AGING · CDC

1
Earliest signs are not memory
Often personality, mood, withdrawal, or trouble with money and plans. (Mayo Clinic)

2
Not normal aging
The warning is when forgetting starts interfering with daily life. (National Institute on Aging)

3
Up to 45% is modifiable
May be prevented or delayed by everyday risk factors. (CDC)

1 Book a hearing test this month

The largest overlooked protection for the brain.

WHY THIS WORKS

Untreated hearing loss is one of the largest modifiable risk factors for dementia named by the 2024 Lancet Commission. When hearing fades, the brain strains to keep up and isolation creeps in, so treating it may lower risk.

SAY THIS AT YOUR VISIT

"I want my hearing checked. If I have hearing loss, I would like to discuss hearing aids, because I understand treating it may lower my dementia risk."

- [ ] Schedule a hearing test
- [ ] Ask about hearing aids if loss is found
- [ ] Note if TV volume or noisy-room hearing has changed

SOURCE: CDC, 2024 LANCET COMMISSION

2 Know your blood pressure and LDL numbers

The heart numbers protect the brain too.

WHY THIS WORKS

The same blood vessels that feed your heart feed your brain. High blood pressure and high LDL cholesterol, newly named a midlife dementia risk factor in 2024, both raise risk. Managing them in midlife is where the protection is greatest.

SAY THIS AT YOUR VISIT

"Please share my blood pressure and LDL cholesterol. If either runs high in midlife, I want a plan to bring it into range for my heart and my brain."

- [ ] Ask for your current blood pressure and LDL
- [ ] Treat them if they run high in midlife
- [ ] Recheck on the schedule your doctor sets

SOURCE: CDC, 2024 LANCET COMMISSION

3 Take a brisk walk five days a week

The habit most strongly tied to protection.

WHY THIS WORKS

In a landmark trial, one year of regular aerobic exercise grew the hippocampus about 2%, reversing one to two years of age-related shrinkage in the brain's memory center. About 150 minutes a week is the common target.

SAY THIS AT YOUR VISIT

"I am starting regular aerobic exercise for my brain. Is brisk walking safe for me to build up gradually, given my health history?"

- ☐ Aim for about 150 minutes a week
- ☐ Keep an easy, talk-while-you-go pace
- ☐ Add cycling or swimming for variety

SOURCE: ERICKSON ET AL.; CDC

THE EVIDENCE, AT A GLANCE

✓ BACKED BY TIER-1 EVIDENCE

- ✓ **Treating hearing loss** · one of the largest midlife risks (CDC, 2024 Lancet Commission)
- ✓ **Blood pressure & LDL control** · the vessels that feed the heart feed the brain (CDC)
- ✓ **Regular aerobic exercise** · grew the hippocampus about 2% in a landmark trial
- ✓ **Real engagement** · language, an instrument, live conversation

× NOT SHOWN TO HELP

- × **Brain-training apps** · mostly oversold, not on the Commission's list
- × **Supplements that "reverse" dementia** · nothing reverses it

FULL SOURCES

National Institute on Aging (age-related forgetfulness versus signs of dementia); Mayo Clinic (dementia symptoms and causes); CDC and the 2024 Lancet Commission on Dementia Prevention, Intervention, and Care (14 modifiable risk factors, up to 45%); Erickson et al. (aerobic exercise and hippocampal volume).

You received this because you asked for the plan from "5 Early Signs of Dementia (and What Lowers Risk)." The Ageless Brief arrives weekly: one study, translated, no hype.

This plan is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before making changes to your diet, exercise, or health routine.