

14 modifiable risk factors for dementia

There are two new risk factors that can be modified in terms of preventing dementia.¹

They are LDL cholesterol (7% contribution) and visual loss in later life (2%). The data for LDL comes from cohort studies where the LDL is modified in the middle years. The others are:

- Less education 5%
- Hearing loss 7%
- Depression 3%
- Traumatic brain injury 3%
- Physical inactivity 2%
- Diabetes 2%
- Smoking 2%
- Hypertension 2%
- Obesity 1%
- Excessive alcohol 1%
- Social isolation 5%
- Air pollution 3%

Reference:

1. [Risk factors for dementia](#) The Lancet (2024)
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