

Mayo Clinic Minute

Alzheimer's disease risk and lifestyle

Video	Audio
Melissa Murray, Ph.D. Molecular Neuroscience Mayo Clinic	"Alzheimer's disease is the most common form of dementia."
Vivien Williams	Dr. Melissa Murray says who gets it depends on a lot of issues — your genes, race and even lifestyle.
Melissa Murray, Ph.D.	"One of the most exciting aspects of research right now is on lifestyle risk factors."
Vivien Williams	Exciting because research shows you may be able to delay onset or even slow progression of the disease by doing certain things.
Melissa Murray, Ph.D.	"We have some evidence that supports that. Walking 20, 30 minutes a day; keeping your mind active, whether that's Sudoku, crosswords; having conversations; socializing; interacting with people; even dancing. Getting up and doing something different is probably what we've come to understand as one of the most important aspects, especially for decreasing your vascular risk factors."
Vivien Williams	Vascular risk factors are issues because, just like your heart, your brain has blood vessels that can develop blockages. By living a heart-healthy lifestyle that incorporates staying active, eating right and not smoking, you may reduce your risk of Alzheimer's disease.
	For the Mayo Clinic News Network, I'm Vivien Williams.