

A portrait of Patrick Holford, a man with white hair and glasses, smiling. He is wearing a dark blue shirt. The background is a blurred green field.

HEALTH AND
WELL-BEING

6 Ways to Upgrade your Brain and Dementia -Proof your Life

PATRICK HOLFORD

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Simple, positive changes can reduce dementia risks. Alzheimer's accounts for up to two thirds of dementia. But most people can cut their risk by two thirds just by making a few relatively simple diet and lifestyle changes in mid-life. An NHS and University College of London study reported that 9 in 10 found the Food for the Brain free online Cognitive Function Test useful. With the new COGNITION app—which is a personalised, interactive brain upgrade programme that helps you make simple changes to help reduce risk—you get support along the way, guiding you step by step.