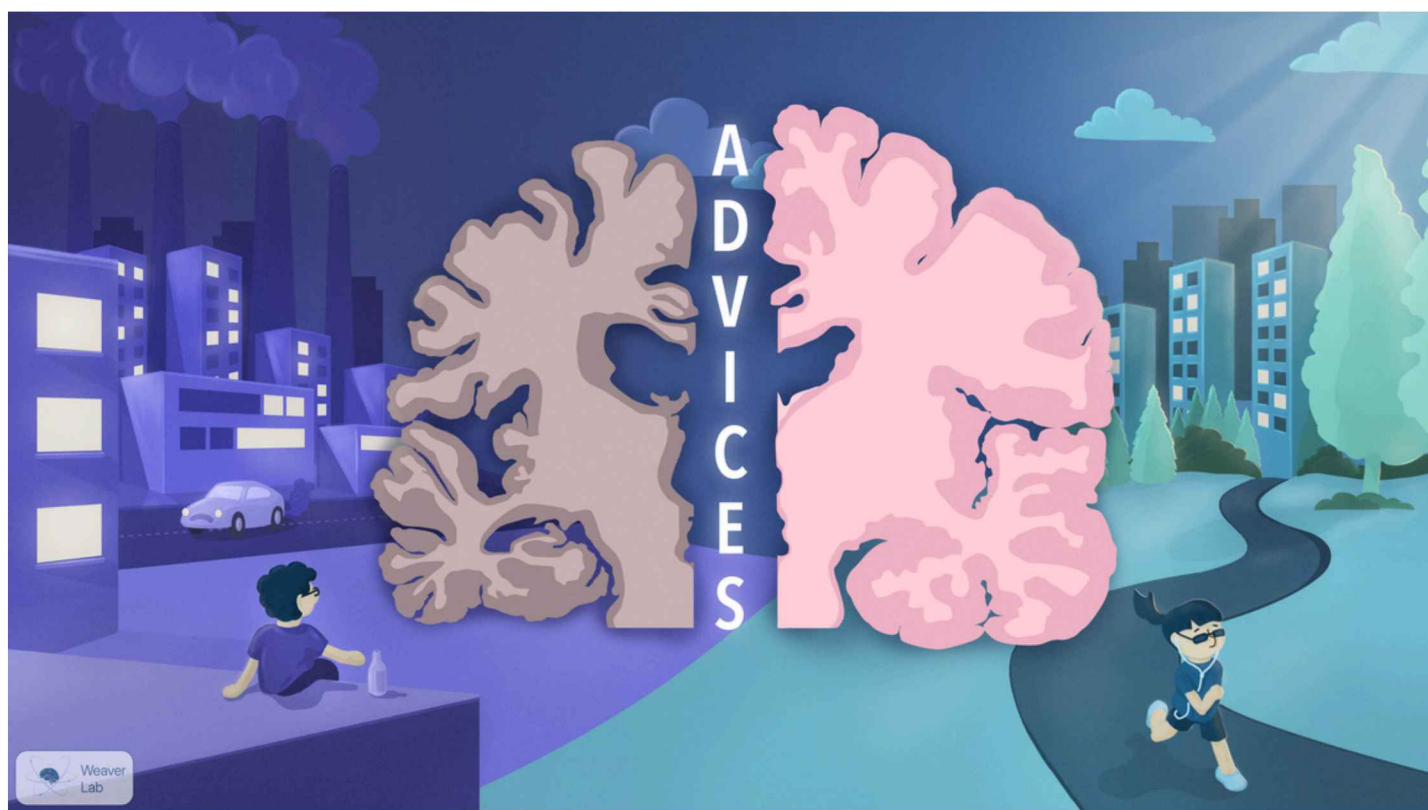




Alzheimer's Disease: A Key To Remembering

Many of the real risks associated with Alzheimer's disease (AD) are linked to everyday routines.

Avoiding these 14 risk factors could reduce your chance of ever developing AD or a related dementia by almost half.

Remember **ADVICES** to help you reduce your risk of AD through positive lifestyle changes starting today.

A	Air Pollution
	Alcohol Abuse
D	Depression
	Diabetes
V	Vascular Disease
	Vision Loss
I	Inactivity
	Impaired Hearing
C	Concussion
	Cholesterol
E	Excessive weight
	Education Limits
S	Smoking
	Social Isolation

