



MacIntyre

Providing support...your way

# 12 Tips to Reduce the Risk of developing Dementia and to decelerate the progress if already diagnosed with Dementia

Seek medical advice  
after a Head Injury



Keep on Learning



Stop  
Smoking



Manage Diabetes



Reduce Alcohol  
Consumption



Socialise More



Avoid Excessive  
Air pollution



Get Hearing  
Checked



Eat a Healthy  
Diet



Increase Physical  
activity



Check Blood  
pressure



Get help if you  
are feeling low



“Never too early. Never Too late” #ReduceRiskNow

@MacIntyreCharity1

@meetmacintyre

@meetmacintyre

Registered Charity Number 250840

MeetMacIntyre

@MacIntyreOfficial

MacIntyre

[www.macintyrecharity.org](http://www.macintyrecharity.org)