

COGNITIVE DECLINE

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Are you at a higher risk for cognitive decline as you age?

What is cognitive decline?

According to the CDC, cognitive decline is a reported memory loss or a prolonged confusion.



Stages

Pre-Clinical Alzheimer's Disease



Mild Cognitive Impairment due to Alzheimer's Disease



Dementia Due to Alzheimer's Disease

Risk Factors

Race

According to Wright et al. (2021), Non-Hispanic Black individuals were **twice** as likely to have Mild Cognitive Impairment

Geographic Location

According to Rahman et al (2021), rural residents (populations <2,500) are more **at risk** for Alzheimer's disease and other related dementia.

Mental Health Status

According to Doyoung et al. (2021), a recent diagnosis of depression is correlated with a **higher** risk for Alzheimer's Disease

What can you do?

- Preventative Care
 - Regular visits to Primary Care Physician
 - Visit a memory clinic if you suspect symptoms
- Keep your brain stimulated by doing puzzles and exercising
- Exercise regularly to improve physical well-being
- Follow a heart-healthy diet such as the DASH diet or the Mediterranean diet
- Closely monitor comorbidities such as diabetes, high blood pressure, and high cholesterol

