



Bridging the Gap: Understanding the Link Between Heart Health and Dementia

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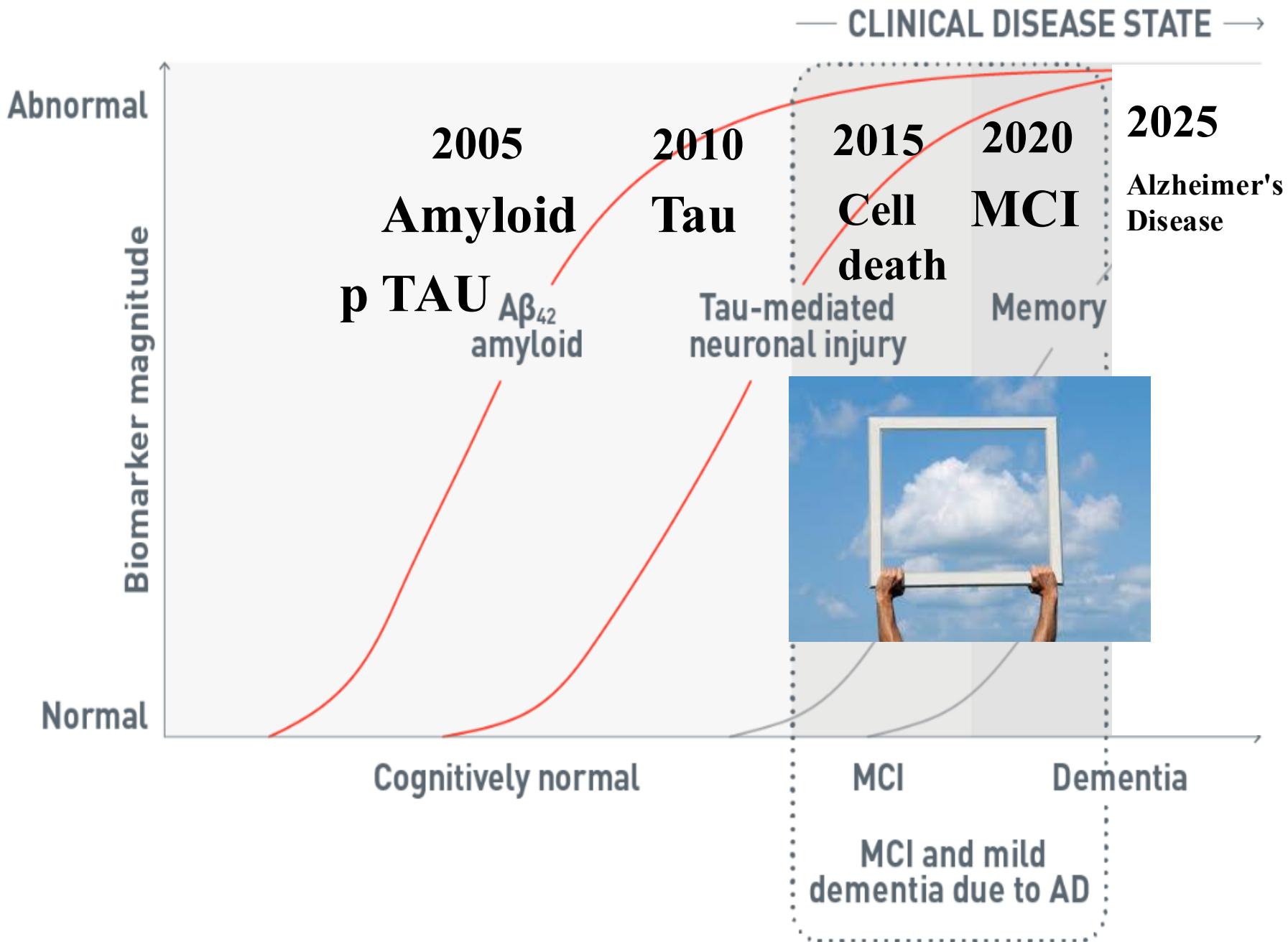
Paradigm Shift



**Alzheimer's is
NOT a normal part
of aging**

Changes in the brain start
20 years before Alzheimer's
symptoms

Amyloid buildup- a key driver
of Alzheimer's - can be
detected through a simple
blood test





Window of Opportunity

We can reduce our cognitive decline risks by up to **45%**

[dementia prevention, intervention, and care: 2024 report of the lancet standing commission - the lancet](#)

Midlife 40-65

Early life

5% Less Education
(Not completing primary/secondary education)

7% High LDL (bad)
7% Hearing Loss
3% Depression
3% Traumatic brain injury
2% Physical inactivity
2% Diabetes
2% Smoking
2% Hypertension
1% Obesity
1% Excessive alcohol

Late Life

5% Social Isolation
3% Air pollution
2% Visual loss



Why Vascular Health

Why vascular health matters?

- Vascular dementia: 15-20% of all dementia Mixed dementia = (Alzheimer's + vascular)
- Better blood flow = better amyloid clearance.
- The heart-brain connection: What's good for your heart is good for your brain.

Why vascular health matters?

- Hypertension damages cerebral blood vessels.
- High cholesterol affects brain circulation
- Diabetes impairs vascular function.
- Midlife cardiovascular risk factors =
later dementia risk.

Numbers matter

- Blood pressure: <130/80
- A1c: <5.7% (ideally <5.5%)
- LDL cholesterol: <100 mg/dL



**Learn more about Dementia prevention,
intervention, and care from The Lancent
by scanning the QR code below.**



References

- [Association between Alzheimer's disease and metabolic syndrome: Unveiling the role of dyslipidemia mechanisms – ScienceDirect](#)
- [Frontiers | Impaired A \$\beta\$ clearance: a potential link between atherosclerosis and Alzheimer's disease](#)
- [dementia prevention, intervention, and care: 2024 report of the lancet standing commission - the lancet](#)
- <https://diabetesjournals.org/care/article/47/8/1415/156809/Association-of-Metabolic-Syndrome-With>
- [Insulin signaling pathway and related molecules: Role in neurodegeneration and Alzheimer's disease – PubMed](#)
- <https://doi.org/10.1186/s13195-024-01666-7>