

Reduce alcohol intake

Remain cognitively and socially active [NB3]

Eat a healthy diet [NB4]

Protect the head from injury (eg wear a helmet when cycling)

Prevent hearing loss (eg wear high-quality earplugs or ear muffs when exposed to loud noise) [NB5]

Regularly undertake physical activity [NB6]

Practice good sleep hygiene (see Box 8.33 in *eTG complete*)

Avoid or stop smoking and avoid second-hand smoke exposure

Maintain a healthy weight.

NB1: For further information on reducing the risk of dementia, see the Dementia Australia website <<https://www.dementia.org.au/risk-reduction>>.

NB2: Enjoyable practices that can be integrated into daily life are more likely to be maintained.

NB3: At the time of writing, it is unknown if commercial computerised brain-training games and programs reduce dementia risk.

NB4: For advice on a healthy diet, see the Eat For Health website <<https://www.eatforhealth.gov.au/>>.

NB5: If hearing is impaired, use a hearing aid.

NB6: For advice on physical activity, see *Australia's Physical Activity and Sedentary Behaviour Guidelines and the Australian 24-Hour Movement Guidelines*, available at the Australian Government Department of Health website <<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>>.