

Risk factors for Alzheimer's disease

non-modifiable



Age

The average Alzheimer's patient is 77 year old.



Sex

Most of people affected by Alzheimer's disease are women¹.



Genetic background

The most important genetic risk factor identified to date is the APOE 4 gene^{4,5}.



potentially modifiable

Diabetes (type 2)

Diabetes is associated with an increased risk of dementia with evidence suggesting up to 2.5-fold increased risk^{1,2}.



Unhealthy lifestyle

Smoking, alcohol consumption, etc. can increase AD risk by 30%.



Others

Other risk factors can be physical inactivity, midlife hypertension, midlife obesity, depression etc.



Mind your memory, mind yourself.

(1) World Alzheimer Report 2014 - Dementia and Risk Reduction an analysis of protective and modifiable factors. (2) Toshiharu Ninomiya - Curr Diab Rep (2014) 14:487.

(3) Ridge et alia. <https://www.ncbi.nlm.nih.gov/pubmed/27036079>. (4) Wingo et alia. <https://www.ncbi.nlm.nih.gov/pubmed/21911656>