

K1f. Consumer Dementia Prevention Library

Welcome to the Dementia Prevention Library. This site includes commonly asked questions about the prevention of dementia and ways to reduce your risk from these health problems. **Click on the subject that is of interest to you.** A detailed discussion for physicians can be found by clicking on Doc-In-The-Box at the end of each segment.



LIBRARY

[CLICK HERE TO READ HOW YOU CAN REDUCE RISK FACTORS FOR DEMENTIA.](#)

1. KEEP A HEALTHY BODY FOR A HEALTHY MIND

(consumer guides)

- 2513.15 A consumer's guide to protecting memory by protecting blood vessels in the brain
- 2513.35 Consumer's Guide to Understanding the Health Consequences of Untreated Depression
- 2513.75 The Consumer's Guide To The Role Of Hormone Replacement Therapy In Growing Older With A Healthy Mind
- 2513.85 Consumer Guide To The Role Of Anti-Inflammatory Medications In The Prevention Of Dementia
- 2513.95 The consumer's guide for quitting the metabolic club or "How I beat the Metabolic Syndrome"
- 2513.96 A Consumer's Guide to Understanding the Metabolic Syndrome or How to Quit Club Metabolique
- 2514.35 A Consumer's Guide To Understanding The Role Of Diabetes And Dementia

2. LIFE CHOICES FOR GOOD BRAIN HEALTH

- 2513.45 A Consumer's Guide To Understanding The Role Of Middle Life Obesity On Intellectual Function In Later Life
- 2513.45-1 Consumer's Guide To Dietary Issues For The Prevention Of Dementia
- 2513.55 The consumer's guide to understanding the role of physical and mental exercise
- 2513.55-1 The consumer's guide to memory exercises
- 2513.65 Consumer's guide for spirituality

3. DRINKING AND THINKING

- 2513.25 Consumer's guide to safe drinking

4. MINDING YOUR DOCTOR

- 2514.15 A Consumer's Guide To Understanding Medications that Control Cholesterol and Triglycerides