

DO MY GENES DETERMINE MY FATE AS I GROW OLDER?

Your genes determine some aspects of how you grow old and your risk for developing dementia. *[Click here for more information about genes and Alzheimer's disease.](#)*

Genes may play a big role in determining how long and how well you live. Genes also determine your risk for developing health problems that may increase your risk factors for dementia. Heart disease, high blood pressure, and elevated triglycerides or cholesterol can be influenced by your genes. Life choices and healthy behaviors play the biggest role in determining how well you age and how many diseases occur that damage your brain. Genes are important but a healthy lifestyle is equally important. You can't change your genes, but you can change your lifestyle.

*[Click here for ways to help your brain age well](#)*_____.