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1 How to Prevent Alzheimer's and Reverse Cognitive Decline - Dr. Wes Youngberg

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Managing Cognitive Decline and Dementia | 6.24.20 *Reversing Alzheimer's, Cognitive Decline, \u0026 Neurodegenerative Disease* **Dr. Ronald Petersen on WHO guidelines for risk reduction of cognitive decline and dementia**

Cognitive Decline Strategies For Prevention

Cognitive Decline - Strategies for Prevention brings together a group of leading researchers to assess and make practical recommendations about the strategies currently available. The chapters assess how 'normal' cognitive ageing should be defined and what the genetic, medical, psychological and environmental factors are which can adversely affect optimal cognitive function in late life.

Cognitive Decline: Strategies for Prevention: Amazon.co.uk ...

INTERVENTIONS ON MODIFIABLE RISK FACTORS. Increase physical activity. Increasing physical activity at all ages can improve metabolic status and control body weight [107, 108] and may in turn ... Promote healthy eating. Cognitive training or stimulation. Promote cognitively stimulating leisure ...

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