DEMENTIA RISK AFTER 60

Six things linked to memory and thinking, from Episode 11.

WHAT THE STUDIES FOUND

☐ 6	**A dance class**	In 11 trials of adults 55 and older, people in dance classes scored about 1.6 points higher on a standard memory and thinking test. *(Hewston et al., Age and Ageing, 2021)*
☐ 5	**LDL cholesterol**	In 108,980 patients in Korea, people with LDL under 70 had 26% less dementia than people with LDL over 130. *(Lee et al., Journal of Neurology, Neurosurgery and Psychiatry, 2025)*
☐ 4	**A daily multivitamin**	In 3 trials of 5,203 adults over 60, memory and thinking scores in the multivitamin groups aged about 2 years less than with a dummy pill. *(Vyas et al., American Journal of Clinical Nutrition, 2024)*
☐ 3	**Seeing people several times a week**	Among nearly 2,000 people around age 80, the most socially active were diagnosed with dementia about 5 years later than the least active. *(Chen et al., Alzheimer's & Dementia, 2025)*
☐ 2	**Speed-of-processing training**	In a trial of 2,802 adults averaging 74, people who did about 10 hours of speed training had 29% lower dementia risk 10 years later. *(Edwards et al., Alzheimer's & Dementia: TRCI, 2017)*
☐ 1	**The shingles shot**	In Wales, people who got the shingles shot were 20% less likely to be diagnosed with dementia over 7 years. *(Eyting et al., Nature, 2025)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ Have I had the shingles shot, and which kind was it?
- ☐ Is speed-of-processing training, like the ACTIVE trial's, offered near me?
- ☐ Could seeing people more often matter for my memory?
- ☐ Would a daily multivitamin mix safely with the medicines I take?
- ☐ What is my LDL number, and what would you want it to be?
- ☐ Is a dance class safe for me, given my balance?

Scan to watch the episode

Watch the episode and check every source: thehealthspan.report/ep11

Findings from published studies, not a treatment plan. Informational and educational only, not medical advice. Talk to your doctor before you change your medications, diet, exercise, or health routine.