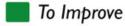
ALZHEIMER'S

MODIFIABLE RISK FACTORS

ESTIMATED IMPACT



To Reduce or Avoid

To Correct

Prevalence (left column) is the % of people who have this risk factor.

Population Attribute Risk (PAR)

is how much this contributes to overall risk.

Impact on you is the % risk reduction you'd be likely to achieve if you had this and corrected it with the Positive Action.

Source: P. Holford, 2025 Alzheimer's: Prevention is the Cure

PREVALENCE	RISK AS % OUT OF 100 (PAR)	POSITIVE ACTION (% F	IMPACT ON YOU RISK REDUCTION)
33%	HIGH HOMOCYSTEINE > I I mcmol/I	Homocysteine/B vitamins - below 10mcmo	40%
50%	LOW OMEGA-3 INDEX <5%	Optimise omega-3 index to 8%	20%
50%	LOW FRUIT & VEG/C & E	Optimise antioxidants/veg & fruit/vitamin	20%
40%	HIGH CARB/SUGAR/HbA1c >6%	Eat low carbs/GL/prevent diabetes	20%
28%	PHYSICAL INACTIVITY 6%	Active body	22%
25%	EXCESS ALCOHOL >14 units 5%	Minimise alcohol	20%
25%	LOW VITAMIN D <50nmol/I	Vitamin D/sun exposure to 75nmol/l	20%
49%	LOW EGGS/CHOLINE 5%	Eating eggs/seafood for choline >400mg	10%
15%	BAD SLEEP <7 HOURS 5%	Good sleep	30%
30%	ANTACIDS 5%	Not on antacid (PPI) or metformin	15%
30%	HEARING LOSS (UNTREATED) 4%	Good hearing	14%
20%	HIGH STRESS/DEPRESSION 4%	Low stress	22%
15%	POOR GUT HEALTH	Healthy gut	22%
11%	GUM DISEASE 3%	Healthy gums	25%
15%	INACTIVE MIND/SOCIAL 3%	Active mind (not retiring early)	22%
13%	OVERWEIGHT/LOW MUSCLE MASS 3%	Healthy weight (high muscle/fat ratio)	20%
50%	AIR POLLUTION 3%	Minimise air pollution	6%
10%	SMOKING 2%	Don't smoke	15%
10%	VISUAL LOSS (UNTREATED)	Good vision	20%
20%	MENOPAUSAL (NO NATURAL HRT) 2%	Menopause	10%