# ALZHEIMER'S
## MODIFIABLE RISK FACTORS
### ESTIMATED IMPACT

🟩 *To Improve*
🟥 *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 | IMPACT ON YOU (% RISK REDUCTION) |
|---|---|---|---|
| 33% | HIGH HOMOCYSTEINE >11mcmol/l — 13% | Homocysteine/B vitamins - below 10mcmol/l | 40% |
| 50% | LOW OMEGA-3 INDEX <5% — 10% | Optimise omega-3 index to 8% | 20% |
| 50% | LOW FRUIT & VEG/C & E — 10% | Optimise antioxidants/veg & fruit/vitamin C | 20% |
| 40% | HIGH CARB/SUGAR/HbA1c >6% — 8% | 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/l — 5% | 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 — 3% | 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) — 2% | Good vision | 20% |
| 20% | MENOPAUSAL (NO NATURAL HRT) — 2% | Menopause | 10% |