



MODIFIABLE RISK FACTORS FOR DEMENTIA

EIGHT-PART ONLINE MICROLEARNING VIDEO SERIES FOR HEALTHCARE PROFESSIONALS

These short, free and innovative online modules explore the impact of lifestyle and behaviors on dementia risk, providing evidence-based strategies for risk reduction and guiding learners through actionable interventions. Continuing education credits are available for physicians (CME), nurses (CNE) and pharmacists (CEUs).

Curriculum Features Include:

- Self-Paced Video Modules
- Evidence-Based Strategies
- Action Steps For Learners

Video Topics:

Physical Activity, Diabetes and Obesity, Vascular Risks, Tobacco Use, Traumatic Brain Injury, Diet and Nutrition, Cognitive Engagement and Sleep

Visit [alz.org/riskfactorvideos](https://www.alz.org/riskfactorvideos) to begin learning today.



LEARN MORE ABOUT RISK REDUCTION AND HOW TO ADDRESS DEMENTIA RISK FACTORS.

RISK REDUCTION RESOURCES

The Alzheimer's Association® regularly reviews and monitors evidence on modifiable risk factors and produces summaries around different dementia risk factors. Find summaries of education and cognitive engagement, traumatic brain injury, hypertension, diabetes and obesity, exercise, smoking, sleep, diet and nutrition, social engagement, depression, sensory impairments, and alcohol at [alz.org/riskreduction](https://www.alz.org/riskreduction).

ALZPRO™

Stay ahead in a fast-changing landscape of dementia care. ALZPro equips you with the latest in clinical research, diagnostic tools, treatment guidelines, and care models to deliver person-centered, evidence-informed care. Join the professionals shaping the future of dementia care at [alz.org/ALZPro](https://www.alz.org/ALZPro).

10 HEALTHY HABITS FOR YOUR BRAIN

Designed for the general public, the Alzheimer's Association 10 Healthy Habits for Your Brain offers a set of actions to help keep your brain healthy. It is never too early or too late to take charge of your brain health. Visit [alz.org/healthyhabits](https://www.alz.org/healthyhabits) to learn more, and contact publichealth@alz.org to request materials in a variety of languages to meet the needs of your community.