

RISK FACTORS FOR MEMORY LOSS

AGE

- 65 or older

GENETICS AND FAMILY HISTORY

- If one parent developed Alzheimer's disease before the age of 65, the offspring has an increased risk of also developing it before that age.
- Presence of gene apolipoprotein E4 (apoE4)
- Possibility of other gene variants

MEDICAL HISTORY

- Hearing loss
- Diabetes
- High blood pressure, heart disease, and stroke
- High cholesterol
- Sleep apnea
- History of head trauma or concussion
- Parkinson's disease
- Down's syndrome

MEDICATIONS

- Anti-psychotic medications
- Benzodiazepines
- Chemotherapy

SOCIAL FACTORS

- Loneliness
- Isolation
- Limited education

ENVIRONMENTAL FACTORS

- Poor diet
- Alcohol overuse or abuse
- Sedentary lifestyle
- Chronic stress