



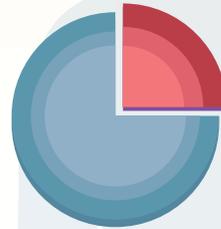
# STROKE AND DEMENTIA



**STROKE, DEMENTIA AND HEART DISEASE SHARE COMMON RISK FACTORS AND EACH INCREASES THE RISK OF THE OTHER**

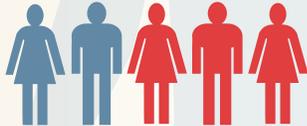


APPROXIMATELY **ONE IN THREE** ONTARIANS WILL DEVELOP STROKE, DEMENTIA OR BOTH



25%

**ONE IN FOUR** HOSPITALIZED STROKE PATIENTS EVALUATED WITHIN THE FIRST YEAR AFTER A STROKE HAVE DEMENTIA



UP TO **THREE IN FIVE** STROKE SURVIVORS WILL DEVELOP VASCULAR COGNITIVE IMPAIRMENT



**LESS THAN HALF** OF ONTARIO'S OLDER ADULTS GET THE RECOMMENDED **2½** HOURS OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY PER WEEK

**LIFESTYLE PLAYS AN IMPORTANT ROLE IN REDUCING RISKS**



OLDER ADULTS WHO ARE VERY PHYSICALLY ACTIVE ARE **40% LESS LIKELY** TO DEVELOP ALZHEIMER'S DISEASE THAN THOSE WHO ARE INACTIVE



**MORE THAN 60%** OF CANADIAN ADULTS ARE EITHER OVERWEIGHT OR OBESE, A MAJOR RISK FACTOR FOR HEART DISEASE AND STROKE



BY REDUCING THE RISK OF HEART DISEASE AND STROKE, THE RISK OF DEMENTIA ALSO DECREASES. SO ... **EAT WELL, MOVE, GET SOCIAL AND CHALLENGE YOUR BRAIN!**

