The 3-Times-a-Week Habit Linked to 33% Less Dementia in Older Adults Transcript

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Why Family History Is Not a Dementia Verdict

If there is a history of dementia in your family, you are, you are likely inclined to likely inclined to one of two opinions. one of two opinions. It's genetics, there's nothing you can do about it It's genetics, there's nothing you can do about it, or a list, or a list of 20 things you'll never of 20 things you'll never do.

do. do. Research points Research points to something much to something much simpler. Researchers simpler. Researchers followed followed followed more than 1,700 people more than 1,700 people over the age of 65 over the age of 65 for 6 years.

for 6 years. Those who moved Those who moved three times a week or three times a week or more more more had significantly had significantly lower rates of dementia, with “movement” lower rates of dementia, with “movement” meaning less than you might meaning less than you might think. If you think. If you could change just could change just one thing to reduce your one thing to reduce your risk of dementia, what would you recommend researching? This can be researching? This can be treated. I am Nicholas treated. I am Nicholas Sprack. Every week we Sprack. Every week we look at look at what the system what the system has failed at and what has failed at and what can now be treated can now be treated thanks to medicine and thanks to medicine and AI. Today's AI. Today's episode was created with the episode was created with the support of the support of the support of the Alzheimer's Disease Treatment Centers of America.

Alzheimer's Disease Treatment Centers of America. Let's begin. By the end of Let's begin. By the end of this video, you'll this video, you'll learn about the one learn about the one daily habit daily habit backed by the backed by the backed by the most most most research to research to reduce the risk of reduce the risk of dementia. What dementia. What counts, what doesn't, counts, what doesn't, why it's probably not too why it's probably not too late, and how to get started late, and how to get started this week. I am not a this week. I am not a doctor. I work alongside doctor. I work alongside medical professionals who medical professionals who treat treat treat cognitive disorders every day, and cognitive disorders every day, and my job is to read my job is to read real studies real studies and tell you and tell you about the results, about the results, including the ones that don't including the ones that don't fit into a good fit into a good story. Today, story. Today, four stages await us four stages await us. Why genetics isn't the full picture, isn't the full picture, why this habit why this habit keeps keeps keeps popping up, two popping up, two myths that get in the way of myths that get in the way of getting started, and what the evidence getting started, and what the evidence frankly can't frankly can't guarantee. Family guarantee.

Genetics and the 14 Changeable Risk Factors

Family history can history can feel like a sentence. feel like a sentence. If a parent or If a parent or grandparent has grandparent has dementia, it's easy dementia, it's easy to assume that your to assume that your end is already determined.

end is already determined. But genetics is only But genetics is only part of the picture. In 2024, the part of the picture. In 2024, the International International International Commission on Commission on Dementia updated Dementia updated its report on its report on prevention, prevention, prevention, listing 14 listing 14 risk factors risk factors that people that people can actually influence. These are can actually influence. These are things like things like blood pressure, blood pressure, hearing loss, and hearing loss, and physical inactivity.

physical inactivity. Together, these factors, Together, these factors, they estimate, they estimate, may be responsible may be responsible for nearly half of for nearly half of dementia cases dementia cases worldwide—14 factors worldwide—14 factors combined, not combined, not any one in isolation. And any one in isolation. And physical activity is just one of these 14.

just one of these 14. If you catch yourself If you catch yourself thinking: “It's all thinking: “It's all genetics” or “I

can't do genetics” or “I can't do anything about it.

Physical Activity and Lower Dementia Risk

” None of these ” None of these claims claims claims stand up to scrutiny by stand up to scrutiny by research. So research. So if there are 14, why are we if there are 14, why are we focusing focusing focusing on just one? Because on just one? Because among these 14, among these 14, physical activity physical activity has the most has the most independent independent independent research as a research as a habit that can be habit that can be implemented implemented implemented today. One today. One study study study followed about followed about 1,700 adults 1,700 adults over the age of 65 over the age of 65 for about 6 for about 6 years. People who years. People who exercised exercised exercised three times a week or three times a week or more were more were about a third about a third less likely to develop dementia than those who less likely to develop dementia than those who exercised less. This is exercised less. This is just one just one study. So, study. So, researchers researchers researchers pooled dozens of pooled dozens of long-term long-term long-term studies, and even studies, and even by the most by the most conservative conservative conservative estimates, higher estimates, higher activity was activity was associated with a associated with a reduced risk of reduced risk of dementia of about dementia of about 18%. The same 18%. The same signal consistently signal consistently appears in different appears in different groups studied using groups studied using different methods. This is different methods. This is exactly the type of exactly the type of pattern that pattern that makes researchers makes researchers pay more pay more attention, not less.

attention, not less. What to pay attention to? What to pay attention to? How How How close your week is close your week is to three sessions of to three sessions of physical activity, physical activity, rather than zero. But rather than zero. But there are two myths that there are two myths that stop most stop most people before people before they even start. Myth they even start.

Do You Need a Gym? Everyday Movement Myths

Myth one: Exercise one: Exercise means a means a means a gym, a gym, a treadmill, or a treadmill, or a program. One program. One French French French study study study looked at looked at adults aged 70–80 adults aged 70–80. The movement. The movement associated with associated with reduced reduced reduced dementia risk was not dementia risk was not exercise. It was exercise. It was housework and housework and everyday everyday everyday activity.

activity. activity. Cleaning, Cleaning, Cleaning, gardening, gardening, gardening, running errands. running errands. Organized sports Organized sports alone did not alone did not show a clear show a clear association in this same group. So think of it.

Is It Too Late With Mild Cognitive Impairment

So think of it not as tuning a not as tuning a race car, but as keeping your car from sitting idle car from sitting idle in the parking lot. Myth in the parking lot. Myth two: If you are two: If you are older or older or have already noticed have already noticed memory lapses, the window of memory lapses, the window of opportunity is closed. In a separate. In a separate study of adults who had already who had already been diagnosed with been diagnosed with been diagnosed with mild cognitive mild cognitive impairment, those who impairment, those who remained moderately remained moderately active active active progressed to progressed to dementia significantly more dementia significantly more slowly than those who were slowly than those who were inactive. This is a inactive. This is a pattern, not a pattern, not a guarantee, but it is guarantee, but it is real evidence real evidence that "too late" is that "too late" is often a myth. What often a myth. What to pay attention to? To to pay attention to? To perceive perceive perceive housework, yard work, housework, yard work, or errands or errands as full-fledged movement, as full-fledged movement, rather than as something less rather than as something less important than important than actual exercise. Before you actual exercise.

What the Research Can and Cannot Promise

Before you tie your shoelaces, tie your shoelaces, here's the part that here's the part that most videos on this most videos on this topic skip. topic skip.

No randomized No randomized trial trial trial has proven that exercise or has proven that exercise or any other habit any other habit guarantees that a person guarantees that a person will avoid dementia.

will avoid dementia. Most of the evidence in Most of the evidence in favor of movement is observational. observational. observational. Researchers Researchers Researchers observe observe observe patterns in patterns in the lives of real people.

the lives of real people. They do not control They do not control people's actions, and there is a people's actions, and there is a certain nuance to this. People in the certain nuance to this. People in the early stages of early stages of the disease often the disease often slow down and slow down and move less, which move less, which can make can make activity seem more activity seem more protective than it protective than it actually is. When a actually is. When a national panel of national panel of experts in the US experts in the US reviewed it, reviewed it, they called the evidence they called the evidence encouraging but not yet encouraging but not yet convincing enough for convincing enough for official official official recommendations. So, to be honest recommendations. So, to be honest, this is, this is risk reduction, risk reduction, backed by a large backed by a large and repeatable and repeatable body of data, not a body of data, not a guarantee for every guarantee for every person. What person. What to pay attention to? To to pay attention to? To anyone who promises anyone who promises that exercise or anything that exercise or anything else will guarantee that else will guarantee that you will never get dementia. Science dementia. Science doesn't say that. So, what to doesn't say that. So, what to do about it?

do about it?

One Simple Way to Start Moving This Week

Population Population Population studies can studies can only say what only say what helps people helps people in general. They don't in general. They don't take into account your genes, take into account your genes, health history, or where health history, or where you're you're you're starting today.

starting today. This is a conversation for your This is a conversation for your own doctor about own doctor about your own your own metrics. But you don't metrics. But you don't have to wait for have to wait for this conversation to this conversation to make the first move.

make the first move. Walk your Walk your dog a little further. dog a little further. Take the stairs. Take the stairs. Get back to Get back to working in the garden.

working in the garden. Choose one thing and Choose one thing and do it three times do it three times this week. What this week. What to pay attention to? On to pay attention to? On whether you can name whether you can name one specific one specific way to move way to move more this week.

more this week. If not, then this If not, then this gap should be gap should be filled first. filled first. So, here's what we've So, here's what we've come to. Genetics come to. Genetics matter, but that's not matter, but that's not all. You don't need 20 all. You don't need 20 habits to get started. Of habits to get started. Of all the things all the things scientists have studied, scientists have studied, regular movement has the regular movement has the most consistent most consistent evidence as a distinct evidence as a distinct habit. In habit. In long-term long-term long-term studies of older studies of older adults and even those adults and even those who already have mild who already have mild memory impairment. It memory impairment. It doesn't have to doesn't have to be a gym. It doesn't be a gym. It doesn't have to start have to start at a young age. It's not at a young age. It's not a guarantee, and no a guarantee, and no honest person will tell you that honest person will tell you that, but, but research consistently research consistently points to it, and it's something you points to it, and it's something you can can can start with today, start with today, instead of waiting for the instead of waiting for the perfect list.

perfect list. Movement is what Movement is what your your your brain needs while you're brain needs while you're

awake. The following video awake. The following video talks about what talks about what it does while you it does while you sleep and why one sleep and why one bad week of sleep is bad week of sleep is worth taking worth taking seriously. Watch seriously. Watch it next. This is it next. This is treatable treatable. If this was helpful, subscribe and, subscribe and send this to that send this to that one person who one person who needs to hear it.

needs to hear it. The "Treatable" program The "Treatable" program is sponsored by the is sponsored by the Treatment Centers of Treatment Centers of America network of clinics. I am Nicholas Braque.

America network of clinics. I am Nicholas Braque. Don't accept Don't accept the answers "it's just the answers "it's just getting older" or " we'll see" we'll see" as definitive. Ask the as definitive. Ask the following question and following question and we will search for the we will search for the answer with answer with you. What is one you. What is one way you will way you will move more move more this week? Write this week? Write in the comments and in the comments and stick to it. I stick to it. I