# Twitter Thread by ETimes Lifestyle

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## Lifestyle habits which can be bad for your brain health. #Dementia

While the condition is primarily caused by physical changes to the brain matter, heavily dependent on one's age, genetic risk, family history or if injuries to the brain, the kind of lifestyle you lead, dietary deficiencies may also increase one's chances of developing dementia.



If there is one single factor which can increase your chances of cognitive decline, poor brain health and accelerate ageing, it has to be the lack of Vitamin B12 in our diets.

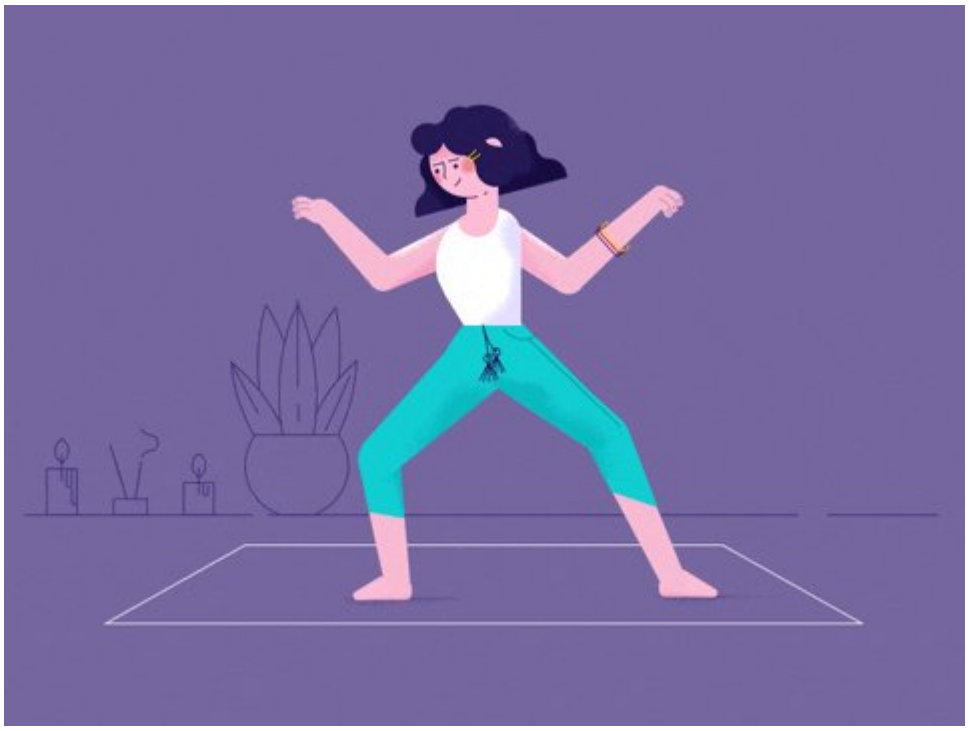
Poor levels of Vitamin B12 can induce symptoms like memory loss, aggravate development of dementia in individuals. While it does not have a direct impact on memory function, Vitamin B12 is an important nutrient to be included in your everyday diet.




While we are increasingly hearing of rising heart attacks amongst the young, experts have also said that poor diligence and attention to heart health, following poor cardiac preventive measures can also raise a person's risk of cognitive decline and issues like dementia.



Staying sedentary, and not exercising enough are determinants for a lot of lifestyle diseases, and also undoubtedly slow down your brain. Not only is it vital to keep our brains sharp as we age, exercising also doles out a number of benefits which keep cognitive issues at bay.



Being socially isolated: Not only does prolonged isolation increase the risk of stress and anxiety, it also affects brain health considerably and thus, increases the risk of developing dementia early on.



When you do not sleep well, not only are you low on energy levels, but it doesn't give time for the body's vital organs, including the brain time to recharge well. Further, lack of sleep can result in difficulties in memory thinking, retention and cognition.




A neurotoxin like alcohol can cause brain atrophy and cause an onset of early-stage memory loss. For optimum health benefits, stick to a maximum of a drink or two everyday and stay aware of all risk factors.

