

14個 認知障礙症 風險因素

1 缺乏體能運動



2 吸煙



3 過量飲酒



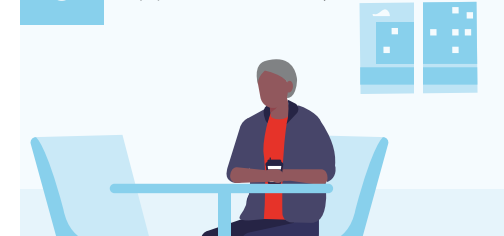
4 暴露於空氣污染



5 頭部受傷



6 缺乏社交活動



7 缺乏教育



8 肥胖



9 高血壓



10 糖尿病



11 抑鬱



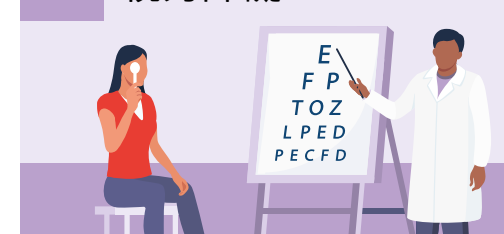
12 聽覺受損



13 壞膽固醇過高



14 視力障礙



Source: *Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, Livingston, Gill et al. The Lancet, Volume 404, Issue 10452, 572–628*



香港認知障礙症協會
Hong Kong Alzheimer's Disease Association



Alzheimer's Disease
International
The global voice on dementia