

Did you know?

The latest scientific evidence indicates that the potential for prevention of dementia is high and almost half of the risk of developing dementia is due to a number of potentially modifiable risk factors.

Untreated hearing loss increases your risk of developing dementia by 7%

People who are physically active are less likely to develop dementia.

About ReMind UK

ReMind UK is an independent charity getting ahead of dementia through early intervention measures, such as the Brain Health Clinic. We are an internationally renowned dementia research and treatment centre with our headquarters in Bath. We also provide vital support for people living with dementia and their loved ones.

As more evidence supports that dementia prevention or delayed occurrence is possible we want to empower people to protect their brain health by providing personalised brain health prescriptions.

**To self-refer and find out costs, please
contact: healthybrainclinic@reminduk.org**

Get in touch to find out more:

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Combe Park
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ReMind^{UK}
Research Institute for Brain Health

Brain Health Clinic

Take control of your health today and reduce your risk of dementia with a personalised plan from our specialist doctors



Registered charity in England and Wales (no.1042559)



What is the Brain Health Clinic?

Research has shown that almost half of dementia cases worldwide could potentially be prevented or delayed by addressing risk factors early.

There will always be some factors beyond our control, like our age and genetics, which we cannot change. However scientists have found 14 risk factors for dementia which we can reduce in our everyday lives.

ReMind UK are working hard to get ahead of dementia by helping people to reduce their risk of cognitive problems.

We offer a detailed private clinic appointment with our specialists to assess your personal risk of developing dementia in the future. You'll then get a custom plan of action to take away to improve and protect your brain health.

What does the appointment include?

- Cognitive tests carried out by our expert psychologists to check for any current evidence of changes in memory and thinking processes.
- A detailed consultation with a specialist doctor to assess known modifiable risk factors for developing dementia.
- A personalised brain health prescription for you to take away and implement changes to improve your brain health.

The evidence for preventing dementia

In the summer of 2024 an international scientific review of dementia prevention, intervention and care took place. The Lancet Commission report identified 14 modifiable risk factors for developing dementia. These are risk factors that we can change and improve, unlike fixed risks like age and genetics.

A risk factor is something that increases our likelihood of developing a condition like dementia.

The Lancet report stated that up to 45% of dementia cases worldwide could potentially be prevented or delayed by addressing risk factors including:

- High LDL cholesterol
- Depression
- Hypertension
- Hearing loss
- Sight loss



Appointment information

The Brain Health Clinic is a private service that runs on a Monday at ReMind UK, at the Royal United Hospital, Bath. It is by appointment only. Please get in touch to find out costs and book in with us.

Appointments are 1-hour including a cognitive assessment by a psychologist and assessment by a doctor who has specialised as a Memory Clinic Physician.

At the end of the appointment, you will better understand your brain health and risk of developing dementia.

We will provide you with a personalised brain health prescription to empower you to boost and protect your brain health.

As part of your assessment we also discuss some of the diseases that increase the risk of developing dementia later in life.

It is likely that we will have some suggestions of areas you may wish to discuss further with your own GP. Therefore, with your consent we will write to your GP to inform them of any significant findings or recommendations we have made to you.

