

Official Sources

1- Chronological age is the strongest risk factor for dementia and the prevalence of dementia increases with age (Daviglius et al., 2010).

2- Epidemiology and risk factors of dementia | Journal of Neurology, Neurosurgery & Psychiatry (bmj.com)-risk doubles every 5 years

Feeling older linked to dementia risk:

3-Recent research supports the hypothesis that feeling older than one's age is related to steeper memory decline (Stephan et al., 2016)

4-Subjective Age and Risk of Incident Dementia: Evidence from the National Health and Aging Trends Survey - PMC (nih.gov)

5- Changes in Brain Function Occur Years before the Onset of Cognitive Impairment - PMC (nih.gov)- changes start years in advance

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