Stoke and Dementia

Stroke, dementia and heart disease share common risk factors and each increases the risk of the other.

Approximately one in three Ontarians will develop stroke, dementia or both.

Up to three in five stroke survivors will develop vascular cognitive impairment.

25% one in four hospitalized stroke patients evaluated within the first year after a stroke have dementia.

Less than half of Ontario’s older adults get the recommended 2.5 hours of moderate-to-vigorous physical activity per week.

Lifestyle plays an important role in reducing risks.

Older adults who are very physically active are 40% less likely to develop Alzheimer’s disease than those who are inactive.

40%

More than 60% of Canadian adults are either overweight or obese, a major risk factor for heart disease and stroke.

60%

By reducing the risk of heart disease and stroke, the risk of dementia also decreases.

So... Eat well, move, get social and challenge your brain!

Ontario Stroke Network
Alzheimer Society of Ontario
Heart and Stroke Foundation