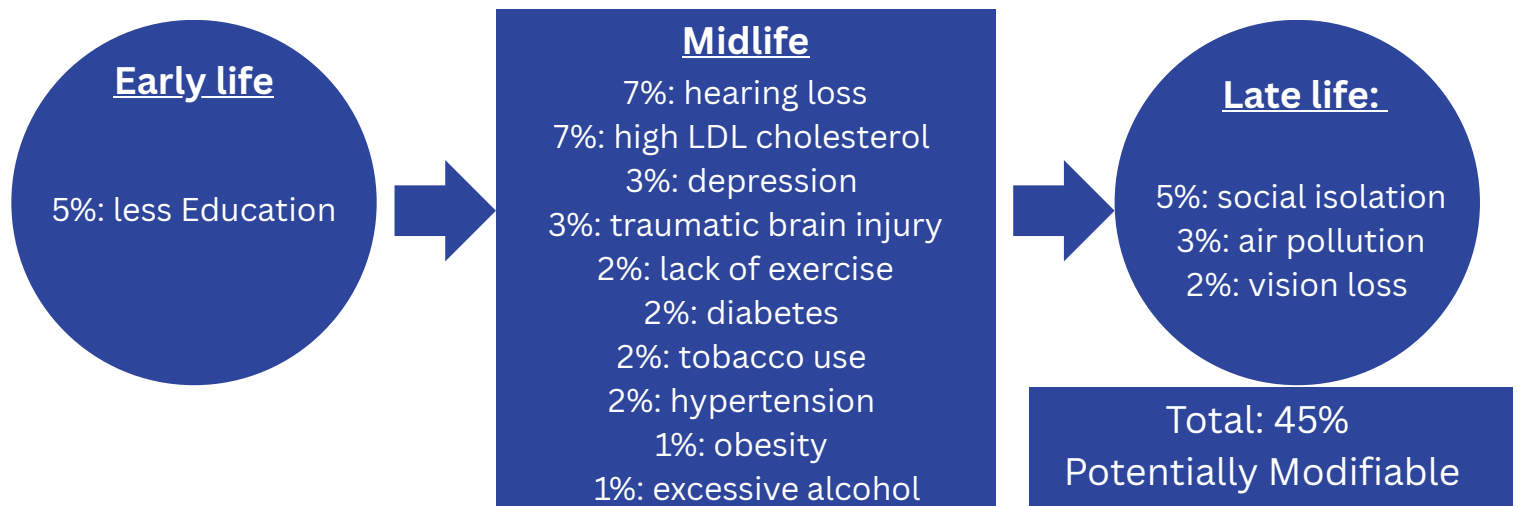




Reducing Risk for Dementia

As people live longer lives due to improved treatment and prevention options for things like cancer, diabetes and heart disease, I am often asked “how can I prevent dementia?”. Almost everyone has a family member or close friend who they have seen cognitively decline as they age, and you can’t help but worry that it may be in your future. There is good reason for this concern, as the number of people with dementia will go up by 2-3x the current levels in the next 30 years due to both population aging and population growth.

Unfortunately, there is nothing that can 100% prevent dementia. However, we **can** look at the potentially modifiable risk factors. 45% of dementia risk is related to these modifiable factors. This info is taken from the 2024 update to the *Lancet* commission on Dementia prevention, intervention and care, and the percentages are the estimated percent of attributable risk for each on.



The early life education aspect is obviously difficult to change by the time you are at the age where you would be reading this newsletter! However, everyone can benefit from continuing to participate in cognitive activities that engage your brain throughout life at any age.

Hearing loss, LDL cholesterol, depression treatment, smoking cessation, hypertension treatment, diabetes control, vision loss and obesity are all great things to discuss with your PHP primary care doctor :) We work to treat all of these for multiple other reasons, but they can all contribute to lowering your dementia risk if well controlled.

Social isolation in later life is more difficult to address, but engaging in your community by volunteering, participating in activities, and finding groups of people that share your interests to spend time with in midlife will pay off and help you prevent isolation later in life. You are never too old to join a book club or take up bridge!

Exercise is another one of the modifiable risk factors and also happens to be important for prevention and treatment of multiple other health problems as well! (and is one of my favorite topics, as all my patients know!) Exercise impacts all of your organ systems, driving down risk in a multitude of ways. So in addition to preventing dementia you are reducing risk for heart disease, diabetes, depression, cancer, etc. But how much is enough? Most importantly, anything is better than nothing! So even small amounts are better than being sedentary. Start with getting out and walking at a brisk pace for 15-20 minutes a day.

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Reaching higher levels of exertion shows more benefit. So if you are able to walk for 30 minutes easily, then picking up your pace or doing jogging intervals to further push up your heart rate can help. You can increase the resistance on the exercise bike, pick a harder cardio class or increase the incline on your treadmill.

Increasing the duration helps as well, doubling the WHO recommendation of 150 minutes a week to 300 minutes further reduces risk, so if you have time for a longer session or extra sessions in the week, go for it! For more info on starting an exercise program - see our April 2025 newsletter which covered this topic in more detail.

Administrative Updates

Please welcome our newest physician - **Dr. Anna Sessi** (Internal Medicine). She is located at our Austin office. Dr. Sessi is accepting New Patients.

We also welcome a new specialty to PHP coming November 2025: Endocrinology! Be on the lookout for more info in the next newsletter.

Healthy Habits:

Healthy Protein Oatmeal Bake

Adapted from: Elisabeth & Butter

Serves 8-12

Ingredients

- 1/2 cup coconut oil, melted before measuring
- 1/2 cup honey or maple syrup
- 2 large eggs
- 1 cup milk
- 1/2 cup cottage cheese
- 1 teaspoon pure vanilla extract
- 3 cups old-fashioned oats
- 1/2 cup unflavored protein powder (I like Vital Collagen Protein)
- 2 teaspoons of baking powder
- 1 teaspoon of salt
- 1 teaspoon of cinnamon
- 1 cup frozen or fresh fruit
- Optional: 2 Tbsp psyllium husk or ground flax seed and 2 Tbsp chia seeds

Directions

1. Preheat oven to 350°F and line an 8x8 or 9x13 (depending on how thick you want it) baking dish with parchment paper on the bottom and up the sides.
2. In a medium sized bowl, whisk all the wet ingredients together. Add the oats, protein powder, baking powder, salt and cinnamon and stir until combined. Mix in psyllium husk OR ground flax and Chia seeds if using. Let this mixture sit for 15 minutes so the oats can absorb some of the liquid.
3. Then fold in the fruit
4. Pour into lined pan and bake for 25-30 minutes, or until golden brown on top and set.
5. Top with plain Greek yogurt, fresh fruit and chopped nuts or nut butter and enjoy!
6. Store covered in the refrigerator for 3-4 days or in Freezer for 3 months



Preferred Health Partners

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Dallas - Junius

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