

DECODING  
DEMENTIA

Risk factors:  
**Smoking**  
and too much  
**drinking**

Tobacco and alcohol abuse  
may increase the risk of  
developing dementia.



World Health  
Organization  
Western Pacific Region

[www.wpro.who.int/mental\\_health\\_substance\\_abuse/topics/dementia](http://www.wpro.who.int/mental_health_substance_abuse/topics/dementia)