

Geir Selbæk

Dementia - Everything you should know about dementia and how it can be prevented

Demens - Alt du bør vite om demenssykdommer og hvordan de kan forhindres

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More people are developing dementia or are at risk of developing it. The good news is that dementia diseases can be prevented, inhibited, and slowed down.

In the book *Dementia*, Norway's foremost dementia researcher, Professor Geir Selbæk, introduces completely new and previously unknown risk factors for developing dementia.

Knowledge about the connection between the individual lifestyle factors and dementia risk, why there is a connection, and how you yourself can influence the risk.

He demonstrates how each and every one can reduce these risk factors, thus lowering the chances of developing cognitive impairment. There is a lot that we can do ourselves to prevent dementia, and the author particularly focuses on eight crucial factors that we can address.

Dementia is one of our era's most significant public health challenges and prevention of dementia is a positive message, but it also involves difficult ethical questions. The road from scientific results to the real world and new treatment is often long.



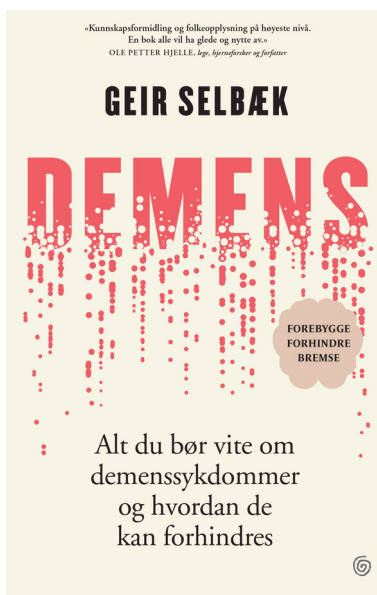
Photo: Svein Brimi

Geir Selbæk has a Phd in Geriatrics from the University of Oslo and is known as Norway's leading Dementia Professor. His research on aging focuses especially on cognitive impairment and dementia. Selbæk is Head of Research at the National Center for Aging and Health, and was awarded the Dementia Research Award from the National Association for Public Health in 2018.

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Interview
[Read our interview with the author here](#)



'Perhaps the best and most important book about the cluster of brain disorders that fall under the concept of dementia. 'Dementia' hits the mark for anyone who fears, knows someone with, or is themselves experiencing early-stage dementia.'

Nettavisen