

Abstract

Title: The effect of smoking, alcohol consumption and physical activity on the risk of dementia

Objectives: The main aim was to estimate influence of selected factors on the development of dementia.

Methods: Bachelor thesis is designed as a cross-sectional study. Data for analysis was obtained from the Survey of Health, Ageing and Retirement in Europe (SHARE).

Results: Data from 6,339 females and 7,226 males older than 60 years was analyzed. Smoking and problem with alcohol drinking were the most dangerous factors for development of dementia. Physical activities without regard of intensity may serve as a protective factor against dementia.

Keywords: dementia, Alzheimer's disease, dementia risk factors, SHARE