

## Dizziness, dizziness in the age of 40 is related to dementia

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This finding clearly shows that people with frequent hypotension can cause long-term health problems because symptoms like dizziness and lightheadedness will reduce the amount of blood needed to the brain.



The group of researchers in Washington, USA, said that people with hypotension had up to 40% of the risk of dementia and 15% of the risk of cognitive decline of all kinds.

' Although it is only chronic symptoms, it is not dangerous but if it is long, it will leave certain effects on the body '. - Research leader Andreea Rawlings from Johns Hopkins Bloomberg University said in a statement.

' We found that people with middle-aged hypotension would increase the risk of 40% of dementia compared to normal people. It is an extremely dangerous finding and we should know what is happening with this disease. '- Rawlings added.



To reach this conclusion, the team conducted online medical data analysis of 15,792 out of four communities living in the United States aged 45-64. Combined, after spending 20 minutes lying down, standing up, the survey team measured blood pressure.

*' Determining the factors, the risk of cognitive decline, dementia is absolutely very important in monitoring the progress of disease development, at risk, the risk of stopping from there, and how to prevent timely intervention, intervention '- Rawlings said.*

This study, presented at the EPI American Heart Association in Portland, Ore.

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