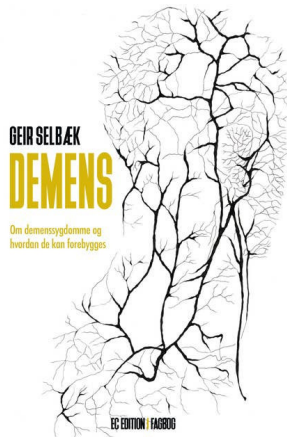


Geir Selbæk

DEMENTIA**EVERYTHING YOU SHOULD KNOW ABOUT
DEMENTIA AND HOW IT CAN BE PREVENTED**

Original title: *Demens*
*Alt du bør vite om demenssykdommer og
hvordan de kan forhindres*
Publisher: Kagge, 2023
Category: Non Fiction
Pages: 175

AWARDS

NORLA Selected title Spring 2024

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Denmark, EC Edition

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, sharing 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.

Dr. Selbæk demonstrates how each and every one can reduce these risk factors, thus lowering the chances of developing cognitive impairment.



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.

Jan Øyvind Helgesen, Nettavisen

Geir Selbæk

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.

