

Can internet usage help protect against dementia?

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New research published in the *Journal of the American Geriatrics Society*

found a link between regular use of the internet and a lower risk of dementia.

For the study, investigators followed 18,154 dementia-free adults aged 50 to 64.9 years for a median of 7.9 years and a maximum of 17.1 years. During follow-up, 4.68% of participants were diagnosed with dementia.

Regular internet usage was associated with approximately half the risk of dementia compared with non-regular usage. This link was found regardless of [educational attainment](#), race-ethnicity, sex, and generation.

"Online engagement may help to develop and maintain [cognitive reserve](#), which can in turn compensate for [brain](#) aging and reduce the risk of dementia," said corresponding author Virginia W. Chang, MD, Ph.D., of New York University.

More information: Internet usage and the prospective risk of dementia: A population-based cohort study, *Journal of the American Geriatrics Society* (2023). [DOI: 10.1111/jgs.18394](https://doi.org/10.1111/jgs.18394)

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