# Concerns over processed meats and dementia risk raised by US neurologist



A US-based neurologist, Dr Baibing Chen, widely known as Dr Bing on social media, has raised significant concerns regarding the consumption of two popular foods in the UK: bacon and sausages. In a recent discussion on TikTok, Dr Bing warned that these processed meats may elevate the risk of developing dementia by an alarming 13 per cent. Dementia, a condition marked by a progressive decline in cognitive function, primarily affects individuals over the age of 65 and can lead to severe memory loss, behavioural changes, and mobility issues.

Dr Bing underscored the importance of dietary habits in reducing the likelihood of cognitive decline. He stated, "I don't over-consume red meat. Moderation is key and eating too much red meat, especially processed types like bacon and sausage, has been linked to a higher risk of dementia." His assertions were bolstered by a scientific study recently published in the journal *Neurology*, which outlined the connection between higher intake of processed red meat and increased dementia risk.

The research indicated that individuals consuming more than a quarter serving of processed red meat each day were found to have a 13% higher risk of developing dementia compared to those who consumed less. The study concluded that "higher intake of red meat, particularly processed red meat, was associated with a higher risk of developing dementia and worse cognition." This finding suggests that reducing red meat consumption could merit inclusion in dietary guidelines aimed at promoting cognitive health.

To further mitigate the risk of dementia, Dr Bing recommended substituting processed red meat with healthier protein options. He noted, “The study also found that replacing processed red meat with alternatives like fish, nuts, or legumes can lower dementia risk by up to 19 per cent.” This dietary shift could serve as a proactive step towards better brain health.

In addition to dietary modifications, the NHS advises several lifestyle changes to reduce the risk of dementia. These include maintaining a balanced diet, managing a healthy weight, engaging in regular physical activity, keeping alcohol consumption within recommended limits, quitting smoking, ensuring blood pressure remains at a healthy level, remaining socially active, and avoiding a sedentary lifestyle.

For those concerned about dementia risk or experiencing related symptoms, consultations with a healthcare professional are deemed necessary for appropriate guidance and support. The growing dialogue surrounding diet and dementia risk highlights the increasing recognition of lifestyle modifications in the prevention of cognitive decline.

Source: [Noah Wire Services](https://www.noahwire.com)