# Neurologist warns sausages and bacon may increase dementia risk by 13 per cent



A recent alert regarding two commonly consumed British foods—sausages and bacon—has emerged from neurologist Dr Baibing Chen, who highlighted that these items could increase the risk of dementia by as much as 13 per cent. This information was conveyed through Dr Chen's social media platform, TikTok, where he aimed to raise awareness about dietary habits that may impact brain health.

Dementia, a syndrome characterised by a progressive decline in cognitive function, is particularly prevalent among individuals over the age of 65. It encompasses a range of symptoms, including memory loss, behavioural changes, and mobility difficulties. Although genetics can contribute to some cases of dementia, research indicates that approximately 45 per cent of dementia instances could potentially be mitigated through lifestyle modifications.

Dr Chen, known as Dr Bing on social media, elaborated on his dietary practices that he employs to maintain optimal brain function. He emphasised the importance of moderation, stating, "I don't over-consume red meat," and further added that excessive consumption of processed red meat, specifically bacon and sausages, is associated with a heightened risk of dementia. Supporting his claims, he referenced a recent scientific study published in the journal *Neurology*. This study revealed that individuals consuming more than a quarter serving of processed red meat daily faced a 13 per cent increased risk of developing dementia compared to those who consumed less.

The research team behind the study remarked, "Higher intake of red meat, particularly processed red meat, was associated with a higher risk of developing dementia and worse cognition. Reducing red meat consumption could be included in dietary guidelines to promote cognitive health." Dr Bing also pointed out that replacing processed meat with alternatives such as fish, nuts, or legumes could lower the risk of dementia by as much as 19 per cent.

In addition to his personal dietary choices, Dr Chen advised against overindulgence in sugar and ultra-processed food products. His recommendations align with several lifestyle adjustments suggested by the National Health Service (NHS) to promote brain health and potentially lower dementia risk. These include maintaining a balanced diet, achieving a healthy weight, participating in regular physical activity, adhering to recommended alcohol limits, abstaining from smoking, managing blood pressure, remaining socially active, and avoiding a sedentary lifestyle.

Individuals exhibiting signs of dementia or those concerned about their cognitive health are encouraged to consult a general practitioner for further guidance.

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

## References

* <https://www.health.com/bacon-sausage-processed-red-meat-dementia-risk-8775435> - This article supports Dr. Chen's claims by highlighting research linking processed red meat, such as bacon and sausages, to a higher risk of dementia. It mentions a study published in Neurology that found participants consuming more processed red meat daily faced a 13% increased risk of dementia.
* <https://www.justice.gov/archives/sco/file/1373816/download> - Although unrelated to the topic of dementia and dietary habits, this document is not directly relevant but serves as an example of a different type of health and cognitive-related concern that is not discussed here.
* <https://www.yourtango.com/health-wellness/everyday-things-weaken-brain-neurologist> - Dr. Baibing Chen is mentioned as highlighting the risks of consuming processed red meat like bacon and sausage, pointing to a higher dementia risk. This supports the claim about processed meat consumption being detrimental to cognitive health.
* <https://www.immigrantjustice.org/sites/default/files/content-type/resource/documents/2018-10/NIJC%20Asylum%20Manual_final%2007%202018.pdf> - This document is unrelated to the specific topic of dementia and dietary habits. It focuses on asylum procedures and legal guidelines rather than health or nutrition.
* <https://www.anabelmagazine.com/news/81099/8-gjera-te-zakonshme-qe-po-dobesojne-shendetin-e-trurit-tuaj/eng> - The article supports the claim that consuming too much processed red meat, such as bacon and sausage, is linked to a higher risk of dementia. It echoes Dr. Chen's advice on moderation.
* <https://www.nhs.uk/conditions/dementia/about> - This NHS webpage provides general information about dementia, including its signs and how lifestyle modifications can potentially lower the risk. It aligns with Dr. Chen's and the NHS's recommendations on lifestyle adjustments to support brain health.
* <https://www.mylondon.news/news/health/im-neurologist-avoid-two-foods-31356466> - Please view link - unable to able to access data