

Being bilingual may delay Alzheimer's and boost brain power

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The Guardian:

Learning a second language and speaking it regularly can improve your cognitive skills and delay the onset of dementia, according to researchers who compared bilingual individuals with people who spoke only one language.

Their study suggests that bilingual speakers hold Alzheimer's disease at bay for an extra four years on average compared with monoglots. School-level language skills that you use on holiday may even improve brain function to some extent.

Read the whole story: [*The Guardian*](#)