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A new study finds that your blood group may also be play a role in increasing your risk of developing dementia in future. In a research published in the journal, Neurology, scientists indicated that people with AB blood type were 82 percent more likely to develop memory loss in later years.

The findings also indicated that people with blood type O have lower risk of heart disease and stroke, factors that can increase the risk of memory loss and dementia.

The three-year long study involved 30,000 people, aged 45 and older. Memory and thinking skills of these subjects were tested and researchers found that individuals with blood type AB were almost twice as likely to show memory problems, as those with type O blood, the most common blood group.

Dr Terence Quinn, a clinical lecturer in stroke and geriatric medicine at the University of Glasgow in Scotland, said, "Lifestyle factors like obesity and smoking were major causes of dementia. There is no need to panic and people must look at making lifestyle changes, which, irrespective of blood group can help in reducing the risks of dementia and mental impairment."

Ms Mary Cushma, study author said, "Our study looks at blood type and risk of cognitive impairment. However, many factors such as high blood pressure, high cholesterol and diabetes increase the risk of cognitive impairment and dementia."