

DEMENTIA PREVENTION – IS IT POSSIBLE?

Dementia is a term that we use to refer to a gradual decline in mental function and ability to carry out every day tasks but, is it really possible to prevent?

There are many diseases that can cause dementia, and most of these are associated with getting older. The most common one is Alzheimer's disease.

Dementia affects millions of people worldwide and is one of the most significant health issues of the 21st century.

Evidence now tells us, up to one third of Alzheimer's disease cases may be preventable and which key risks you can change.

PREVENTION?

What is prevention? What do we mean ?

We mean trying to stop something, such a disease, happening at all.

FACT:

The gradual decline caused by dementia can create noticeable changes over time to the following:

- Movement, Balance and Co-ordination
- Memory & Decision Making
- Vision and Senses
- Sleep
- Mood, Personality and Speech

DID YOU KNOW?

Age is the greatest risk factor for dementia.

The world is getting older.

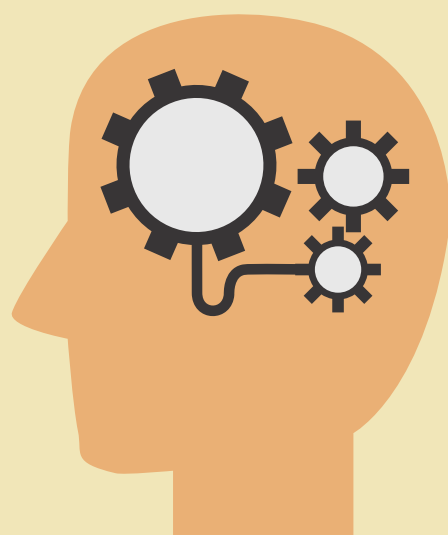
More and more people will develop dementia in the coming decades, so prevention has never been more important.

RISK FACTORS.

There are several big risk factors that have been identified from across the life course, which can be linked to risk of dementia. These include many health related factors:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Obesity
- Traumatic Brain Injury
- Depression
- Smoking
- Excessive Alcohol Consumption
- Diet High in Saturated Fat
- Low Educational Level
- Environmental Factors

5 WAYS TO REDUCE RISK



Make healthier lifestyle choices - This could be as simple as reducing alcohol intake, stopping smoking and looking at nutrition.

Leisure or Hobbies - Why not take up a new hobby? Puzzles? Reading? Learn a new language? Or visit a Museum?

Social Interaction - To maintain brain function, socialising has a positive impact, preventing loneliness and isolation.

Increase Physical Activity - Small changes, like walking instead of driving to the shop can benefit your health, along side day to day activities and chores.

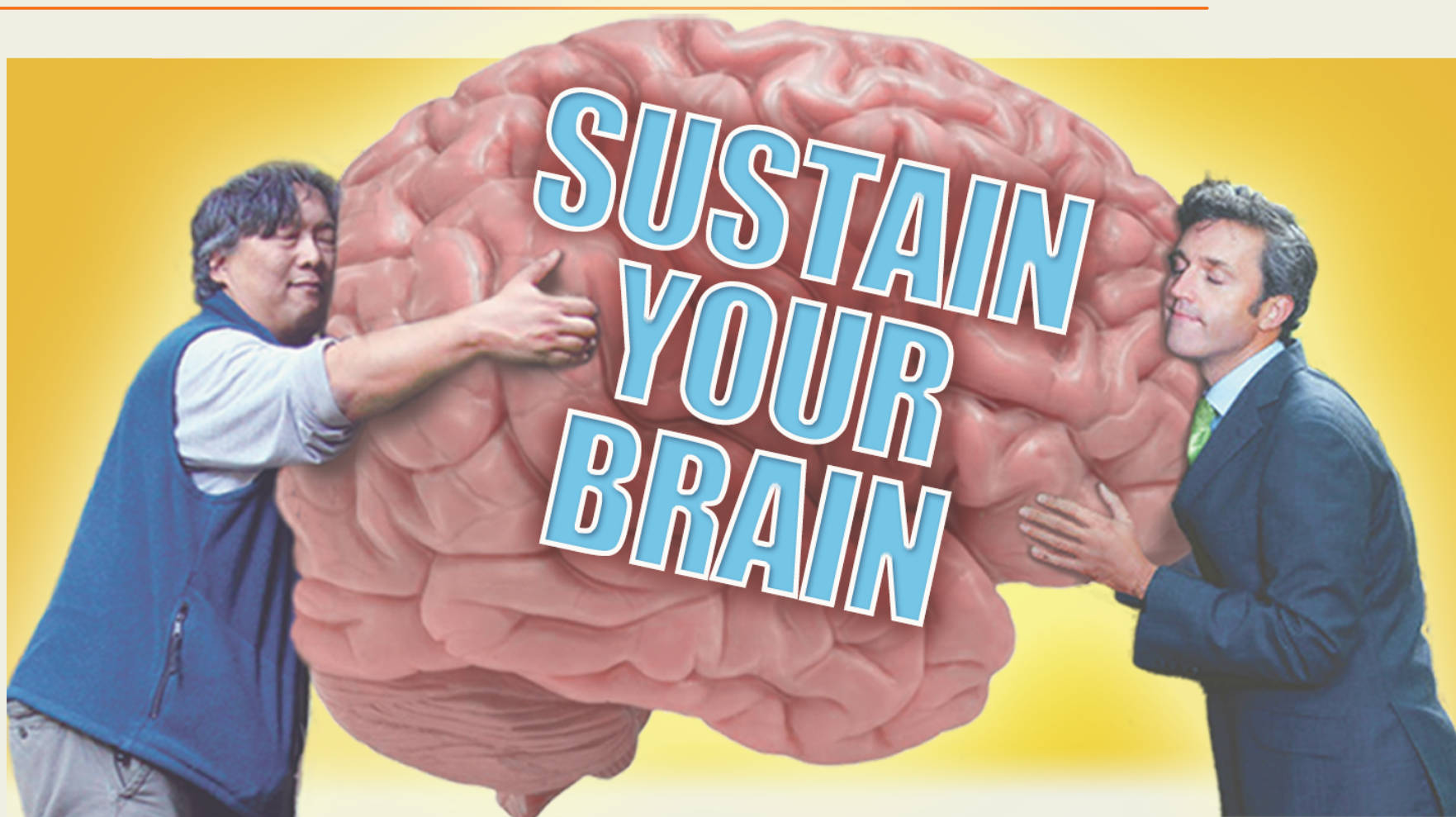
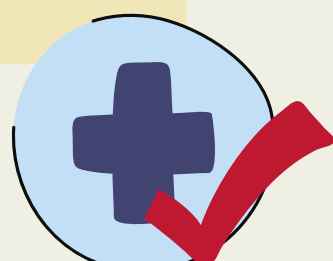
Further Education - Researching topics of interest or partaking in a training course can protect the brain

FACT:

If we pay attention to those risk factors across the life course, we might reduce dementia by about a third over time.

We can be healthy and optimise our ageing and our brain health.

Dementia is not inevitable.



DEMENTIA PREVENTION – ALCOHOLISM

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SYMPTOMS OF ALCOHOLISM

BRAIN

- Memory Loss
- Mood Swing
- Dementia

LUNGS

- Breathing Difficulties
- Lower Level of Nitric Oxide

MUSCULAR

- Weakness
- Muscle Waste

LIVER

- Swollen
- Hepatitis
- Cirrhosis

SYSTEMIC

- Insulin Sensitivity Increased
- Lower Risk of Diabetes
- Behaviour Changes

HEART

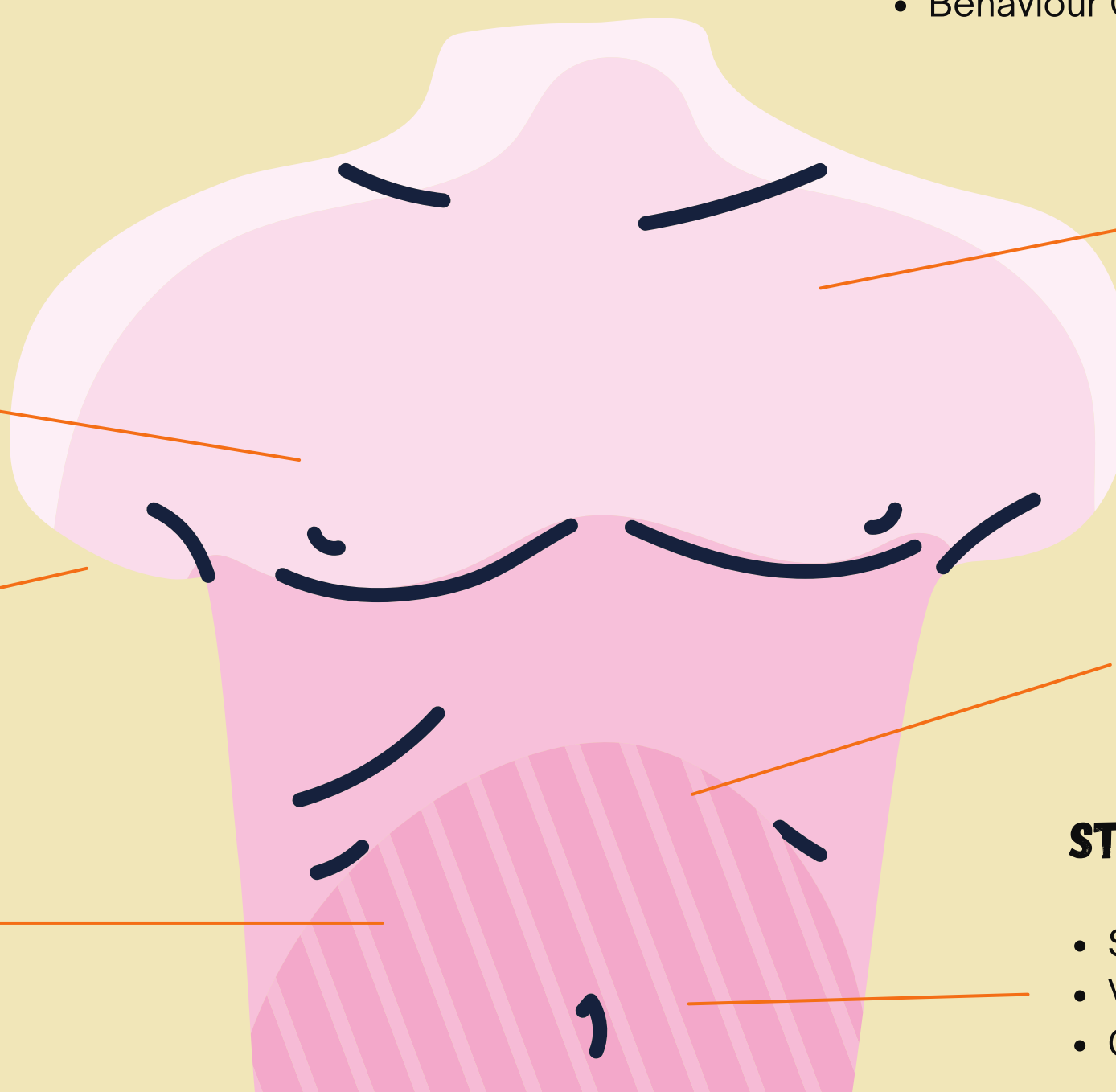
- Irregular Heart Rate
- Strokes
- High Blood Pressure

PANCREAS

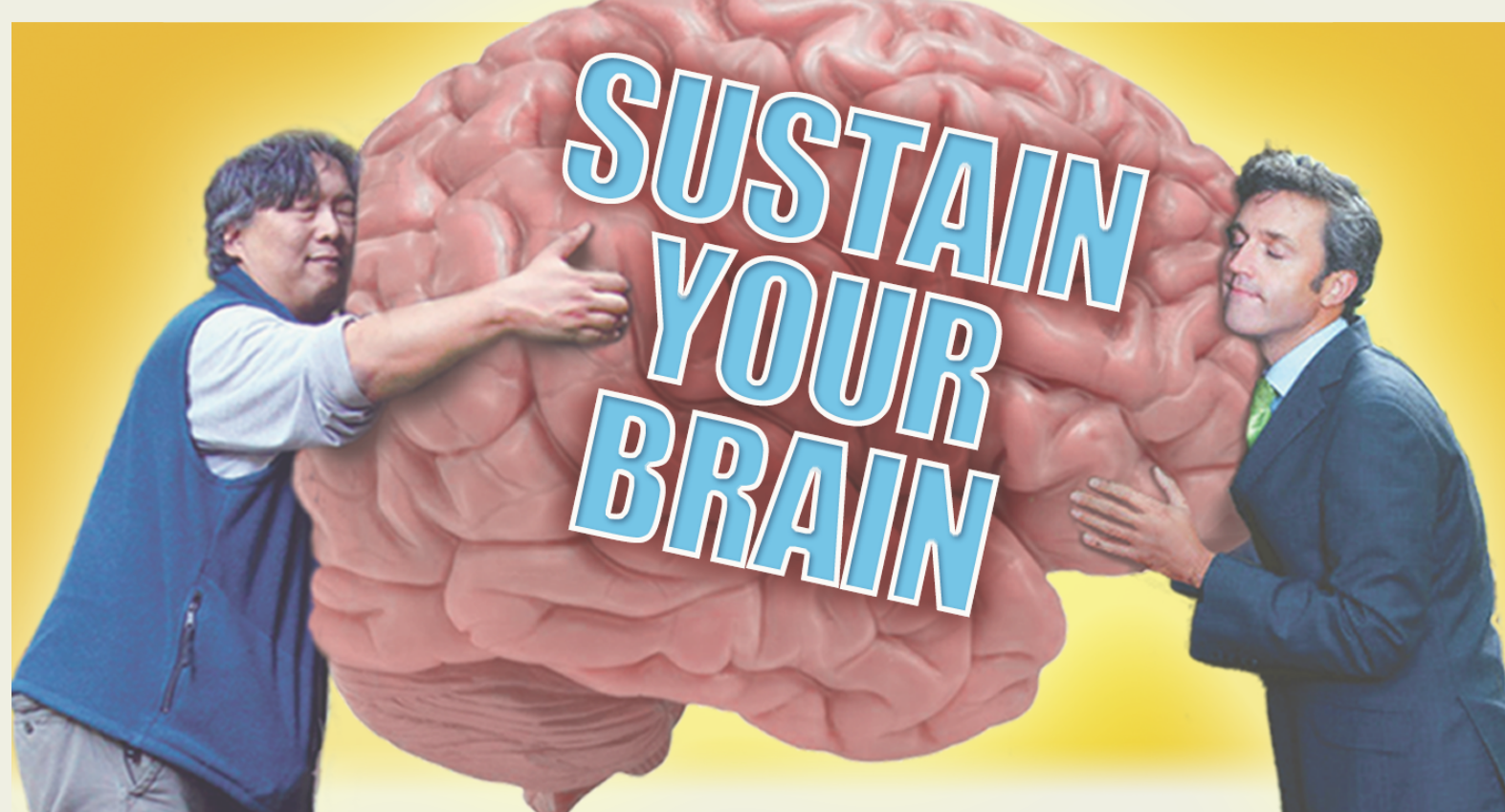
- Pancreatitis

STOMACH

- Stomach Ulcers
- Vomiting
- Chronic Gastritis



A Healthy Body Is A Healthy Brain



Alcohol's relationship with dementia risk is dependent on the amount of consumption.

Drinking more than 21 standard drinks per week is associated with increased risk of developing dementia, while small amounts are generally associated with a lower risk of dementia. Additionally, binge drinking can increase dementia risk.

Moderation is key, and recent research suggests the current guideline of 'no more than 2 standard drinks per day' should be followed for good health.

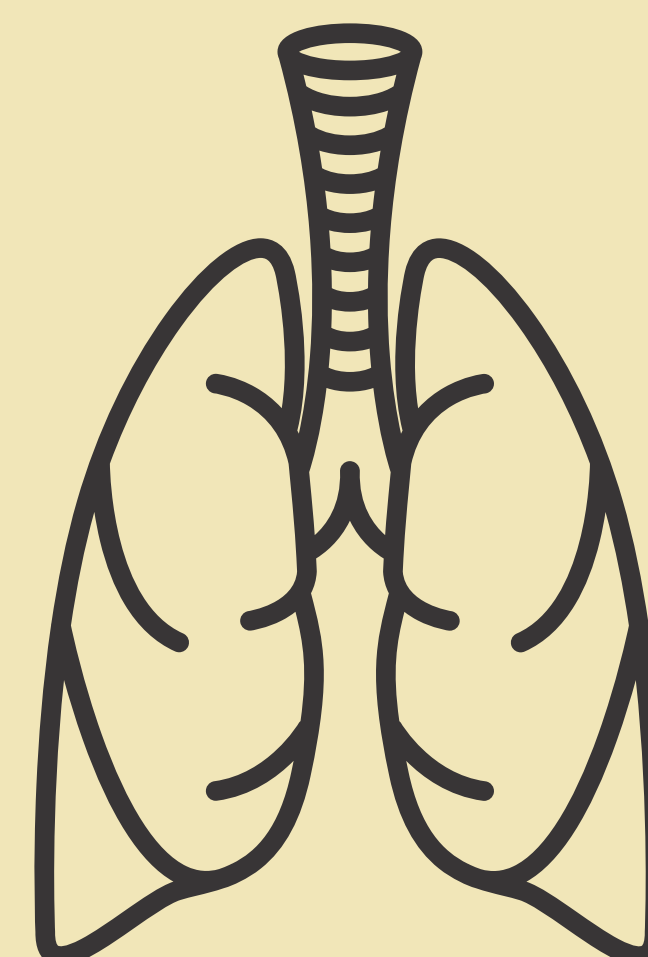
DEMENTIA PREVENTION – SMOKING

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DID YOU KNOW!?

Smoking is one of the biggest lifestyle risk factors for Dementia. Your risk of developing a form of Dementia can double.

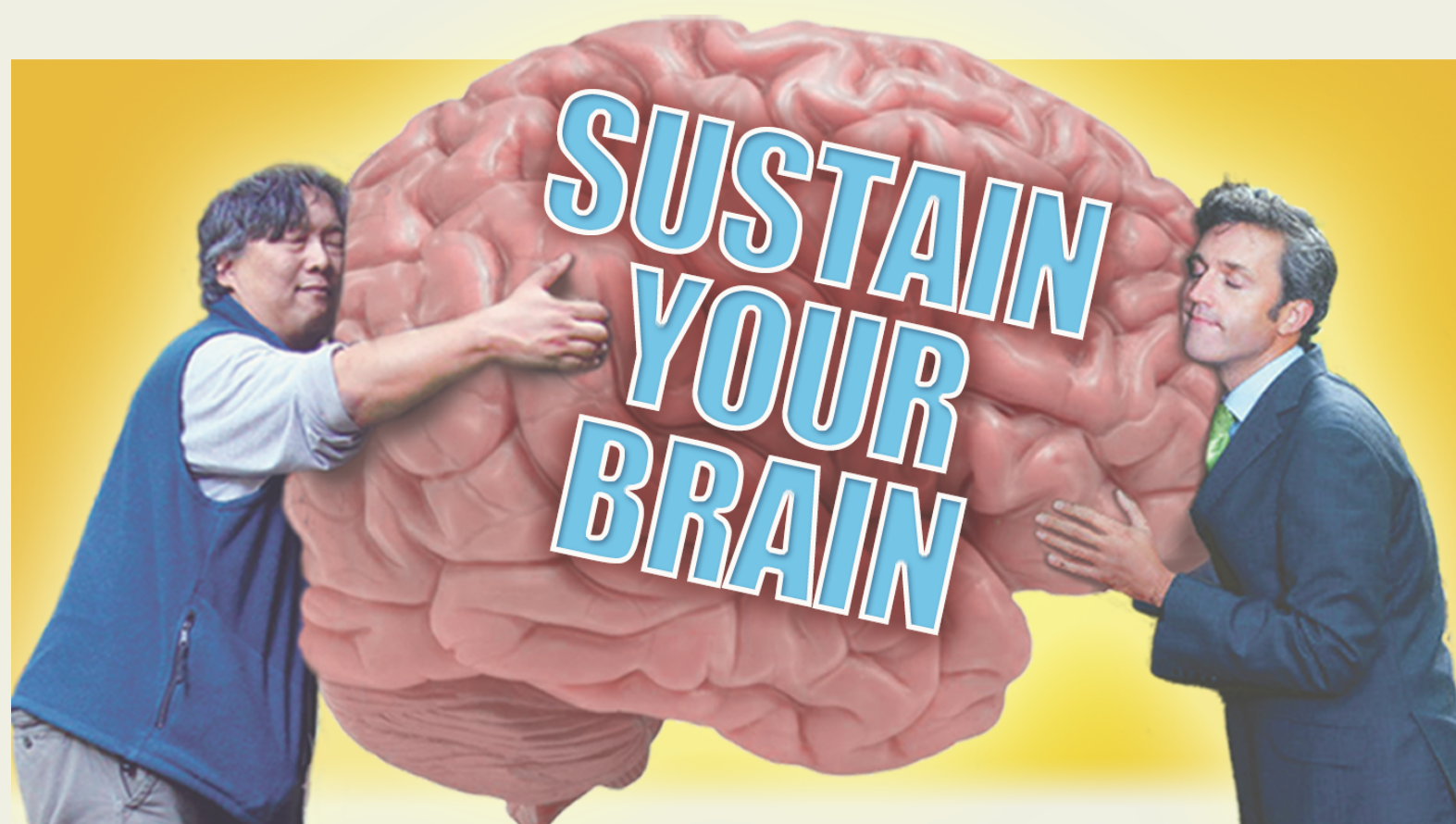
QUIT NOW!



Dementia increases the risk of:

- Stroke
- Diabetes
- Cardiovascular Disease
- Narrowing of Blood Vessels in the Heart & Brain
- Causes Oxidative Stress Which Damages The Brain

A Healthy Body Is A Healthy Brain



As many of us know, smoking results in many health complications.

These effects extend far beyond respiratory function, with smoking significantly impacting vascular function and being toxic to the brain.

As a result, smoking represents one of the seven major risk factors for dementia, and has been associated with an increased risk of cognitive decline, Alzheimer's disease, and vascular dementia.

DEMENTIA PREVENTION – EDUCATION

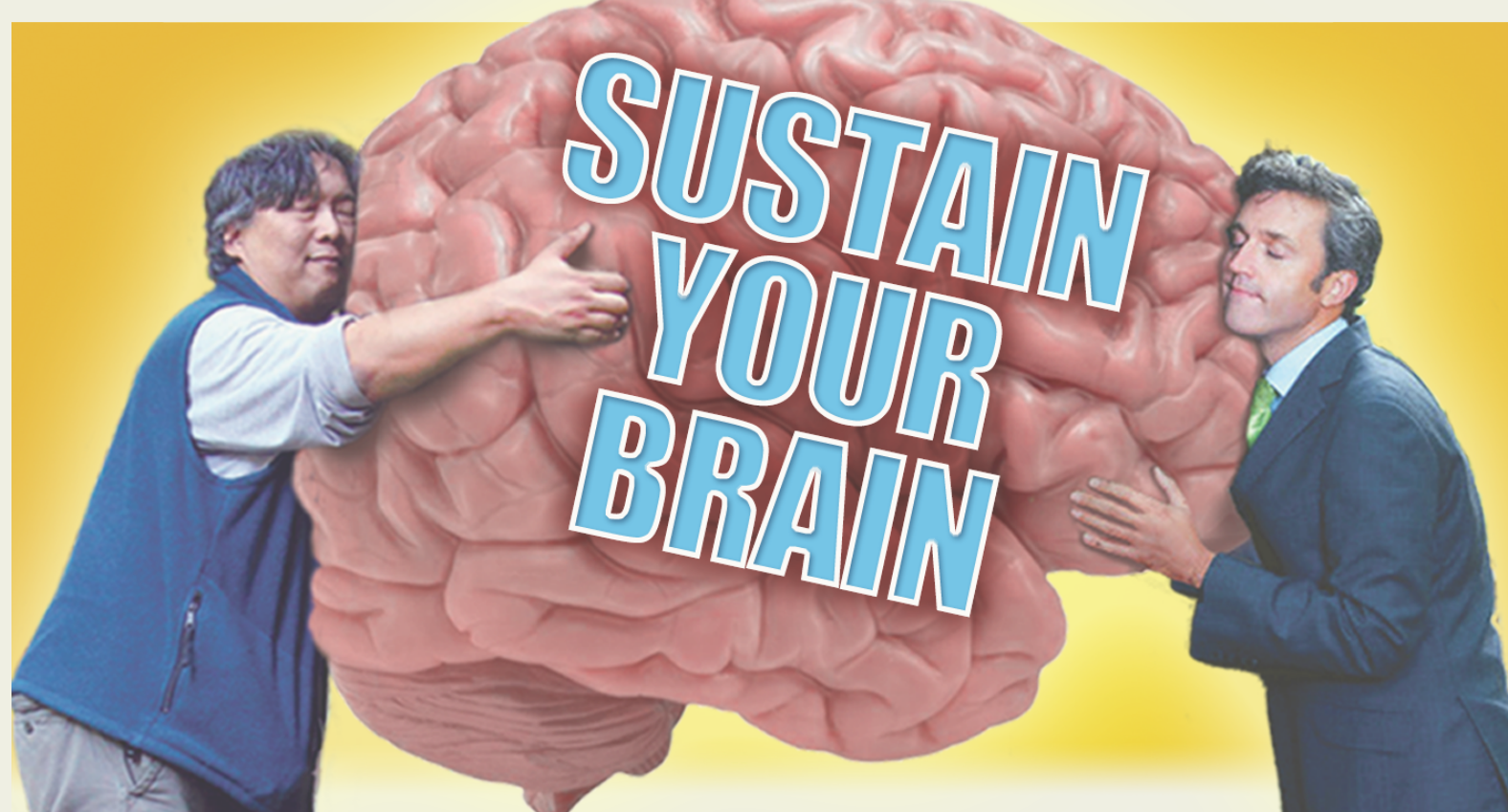
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DID YOU KNOW!?

Education, can be measured by years of school completed or by the highest level of education obtained. It is one of the most important modifiable risk factors for dementia.

Any course you become involved in will benefit yourself. Courses include; Higher Adult Education and University Courses. As well as work-related courses/training, engagement in cognitively stimulating leisure activities, and learning a new language, computer games and researching (e.g. family history).

More Education Lowers Your Risk



The more you stretch your brain, the more you stretch your brains capacity to learn.

By continuing to learn, you are keeping your brain 'young'.

Developing new interests and hobbies, will also help your social interaction, you'll have more to discuss and share with others.

DEMENTIA PREVENTION – DIETARY

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DID YOU KNOW!?

It is important to have a healthy, balanced diet and lifestyle. Please see the pyramid below to make adjustments to your own.

RED MEAT – A FEW TIMES PER MONTH – IN VERY SMALL AMOUNTS

RED MEAT

SWEETS

EGGS

POULTRY

FISH

A FEW TIMES PER WEEK

CHEESE AND YOGURT

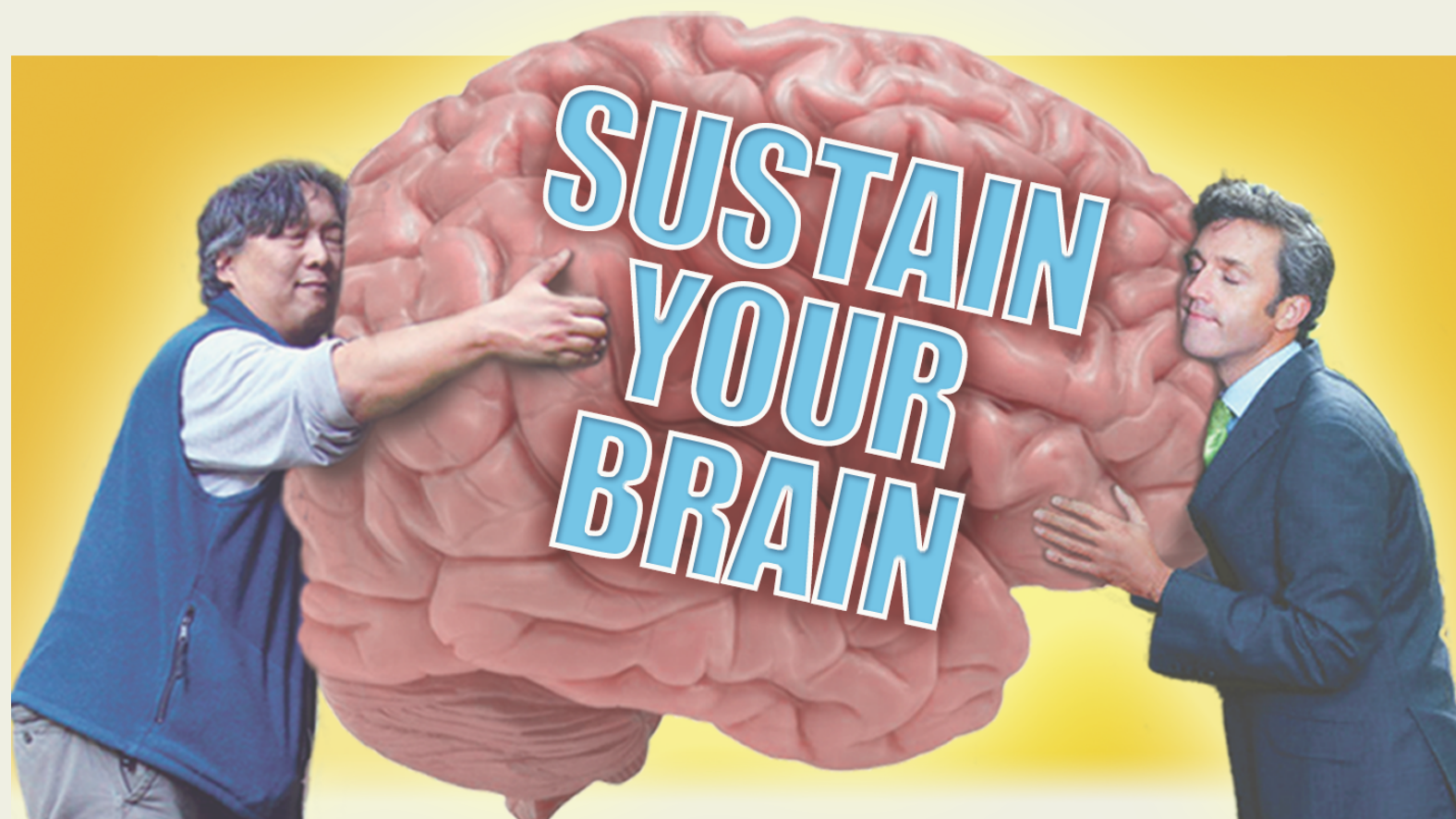
OLIVE OIL

DAILY

VEGETABLES, FRUIT, BEANS, NUTS, LEGUMES

BREAD, PASTA, RICE, GRAINS

A Healthy Body Is A Healthy Brain



The good news is that there is strong evidence that a healthy diet is associated with a reduced risk of cardiovascular disease and - as we now know - what is good for the heart is good for the brain. So it is very likely that a heart-healthy diet is a good strategy for improving brain health and reducing dementia risk. The important elements of a heart-healthy diet are lots of vegetables and fruits, whole grains, and choosing unsaturated fats over saturated fats.

DEMENTIA PREVENTION – EXERCISE

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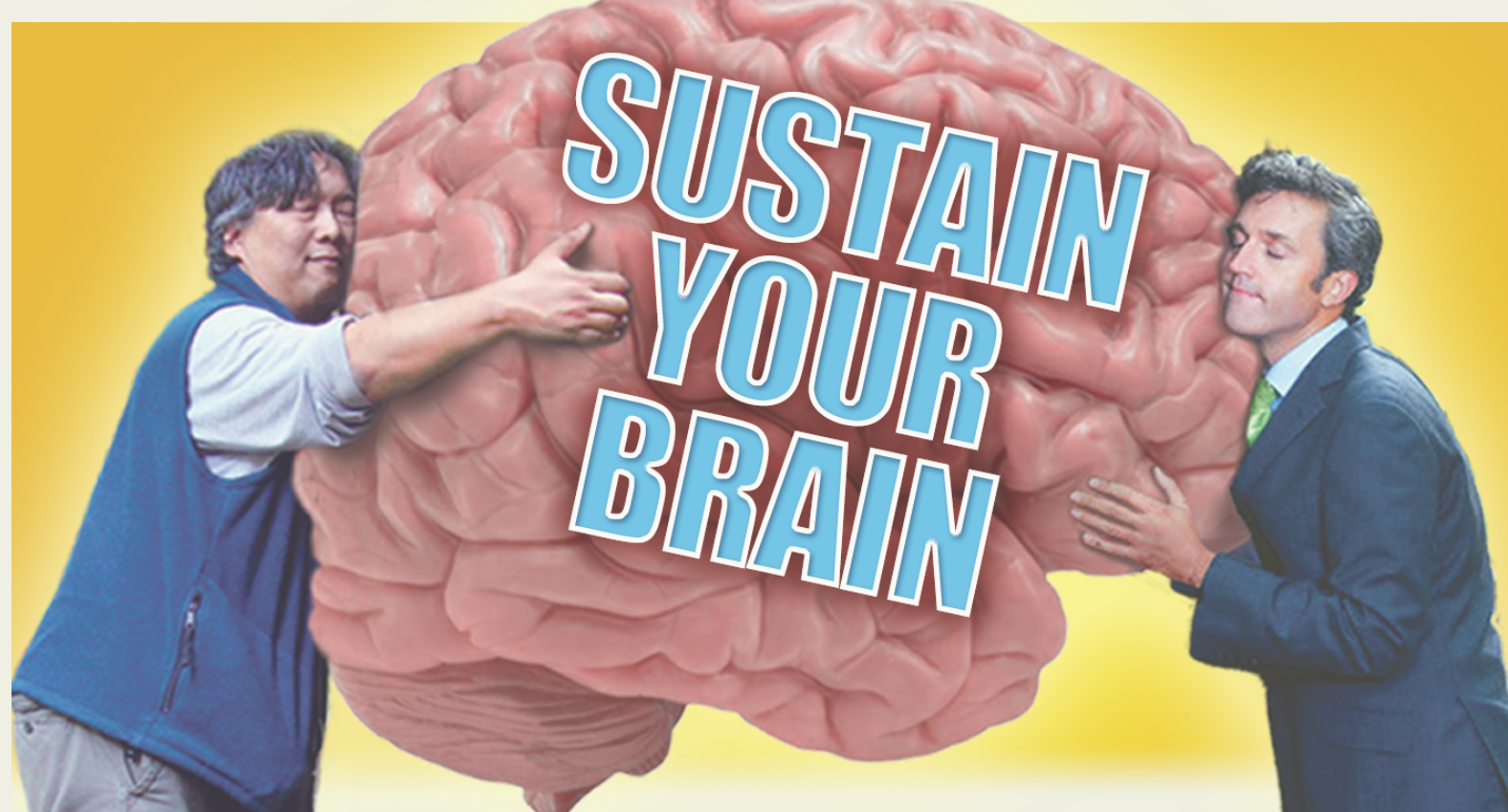
There are numerous ways to increase your physical activity without making too many changes to your current lifestyle and daily routine, coming with little to no cost at all.



Here are some examples:

- Gardening,
- Hanging out the washing,
- Walking up the stairs at work,
- Walking into town instead of driving,
- Parking further away,
- Walking the dog,
- Or belonging to a fitness group/club.

A Healthy Body Is A Healthy Brain



Gentle Forms of Exercise:

- Walking for 30 minutes
- Jogging
- Yoga
- Pilates
- Stretching
- Swimming
- Dancing
- Cycling
- Golf
- Tennis
- Tai Chi
- Step Class

