

A cure?

While there is no cure for Alzheimer's and other forms of dementia, growing scientific evidence* indicates that you can help to reduce your risk of developing dementia.

The 5 steps you can take to reduce your risk are

-  **Be physically active**
-  **eat a healthy diet**
-  **take care of your heart**
-  **mentally challenge your brain**
-  **be socially engaged**

*WHO Guidelines on risk reduction of cognitive decline and dementia, May 2019 @ www.who.int

As the Alzheimer Society of Ireland, we provide care and support to every year, to those living with dementia and their families. It is our hope that you will care for yourself now, to reduce your risk later.

To find out more you can:

Speak with your
 **doctor**

Call the Alzheimer National Helpline
 **1800 341 341**

Visit
 **www.alzheimer.ie**

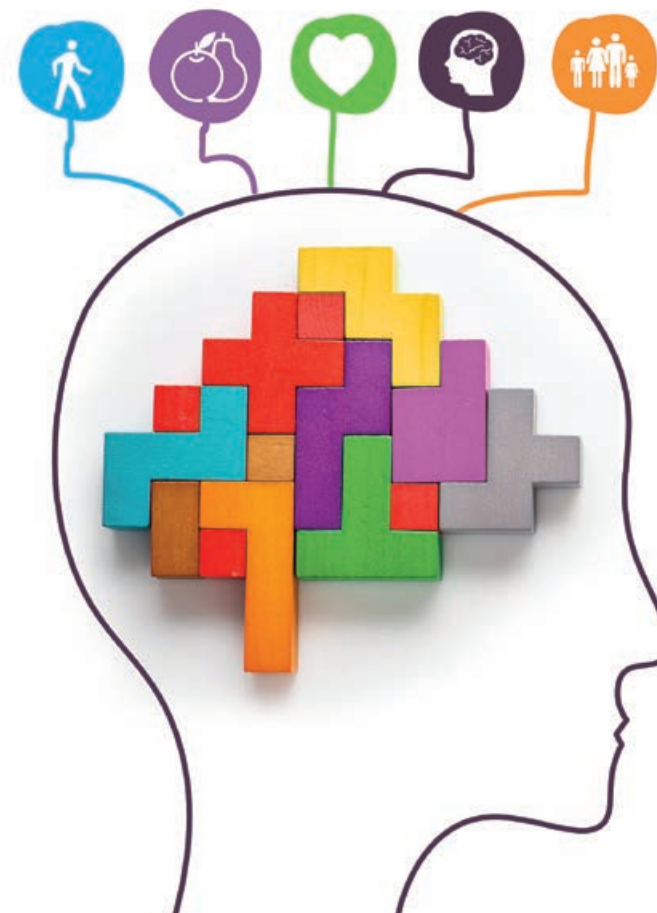
To find out more about brain health and reducing your risk of developing dementia you can visit

 **www.hellobrain.eu**

 **www.understandtogether.ie**

Brain Health Matters

5 steps to help to reduce your risk of Alzheimers / Dementia



1. Be physically active



Doing at least 30 minutes of moderate-intensity aerobic physical activity

3- 5 days a week such as:

- Walking, cycling, swimming, dancing or an exercise class
- Gardening, washing the car, cleaning the windows
- Take the stairs instead of the lift or go for a walk at lunch

Build it up over time and if you have any doubts talk to your doctor.

2. Take care of your heart



What is good for your heart is also good for your brain. Protect yourself from things that can damage your heart and your brain such as:

- Have regular health checks with your doctor to ensure your blood pressure, cholesterol and blood sugar levels are at a healthy range
- If you smoke, try to give them up, it's never too late
- Drink alcohol in moderation
- Take steps to maintain a healthy body weight

3. Eat a healthy diet



Eat a healthy balanced diet for brain and heart health.

- Eat plenty of fruit and vegetables, 5 servings a day
- Include fish in your diet, particularly oily fish such as salmon, mackerel or sardines
- Cut down on salt intake
- Reduce fat, saturated fat and sugar in the diet

4. Take part in social activities



Connecting and interacting with social activities helps to build strong connections in the brain.

- Phone or meet family and friends regularly, share news and keep in touch
- Join a group such as a walking club, book club or sporting club
- Go to the theatre, museum, the cinema or to a concert with a friend
- Volunteer with a favourite charity or local community group

5. Challenge your brain



Train your brain with new activities to help build new brain cells and strengthen connections between them.

- Take up a hobby such as painting, woodwork or craft work
- Read different styles of books, newspapers and magazines
- Learn a language, an instrument or to dance
- Play board games or cards with a club or with friends

To find out more

 www.alzheimer.ie

 **1800 341 341**



THE ALZHEIMER
SOCIETY of IRELAND