

You cannot cure Alzheimer's but growing scientific evidence indicates that by keeping **YOUR HEART, BODY AND BRAIN HEALTHY** you can reduce your risk of developing it and other dementias.

### EVERY DAY THINK OF 3 SIMPLE KNOTS

TIE THEM INTO YOUR DAILY ROUTINE, REMIND YOURSELF TO PERFORM ONE TASK IN EACH **KEY AREA.**

As **The Alzheimer Society of Ireland**, we provide up to one million hours of care, every year, to those living with dementia. It is our hope that you will care for yourself now, to reduce your risks later.

To find out more you can:



Speak with your doctor



Call the Alzheimer National Helpline: 1800 341 341



Visit [www.alzheimer.ie](http://www.alzheimer.ie)

To read more about the research into brain health and reducing your risk of developing dementia you can visit [www.yourbrainmatters.org.au](http://www.yourbrainmatters.org.au)



Alzheimer National Helpline  
**1800 341 341**  
[helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)

# Forget Me

# NOT

One knot is for YOUR BRAIN

One knot is for YOUR BODY

One knot is for YOUR HEART

Three knots, reminding you to do three simple things every day to help reduce your risk of developing Alzheimer's and other dementias.



THE ALZHEIMER  
SOCIETY of IRELAND



## I AM YOUR BRAIN

Forget Me NOT

### ONE KNOT IS FOR **YOUR BRAIN**

#### **Making sure you keep it top of mind.**

Push it with puzzles, challenge it to figure out new things, make it earn its keep. Stimulate it by connecting with others socially. Push it to protect itself from losing every memory, name and piece of you it holds inside.

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-  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.
  -  Go to the theatre, museum, the cinema or to a concert with a friend.
  -  Play board games, or cards with a club or with friends.
  -  Volunteer with a favourite charity or local community group.
  -  Travel to see new places, go with a group of people.
  -  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.









## I AM YOUR BODY

Forget Me NOT

### ONE KNOT IS FOR **YOUR BODY**

#### **The body that needs to stay in top**

**shape now**, to prevent it stumbling over simple things later. Give it good food, activate it for 30 minutes a day, give it a break from alcohol.

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-  30 minutes of moderate aerobic activity, 3 to 5 times per week.
  -  Walking, cycling, swimming, dancing or an exercise class.
  -  Gardening, washing the car, cleaning windows.
  -  Take the stairs instead of the lift and go for a walk at lunch.
  -  Eat plenty of fruit and vegetables, 5 servings per day.
  -  Include fish in your diet, particularly oily fish such as salmon, mackerel or sardines.

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









## I AM YOUR HEART

Forget Me NOT

### ONE KNOT IS FOR **YOUR HEART**

#### **A knot to remind you to keep it strong.**

Do whatever you can to make it as beating and belting and booming as possible. Good food and exercise are part of the plan. Protect yourself from things that can damage your heart and your brain.

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-  Have regular health checks with your doctor, to ensure your blood pressure, cholesterol and blood sugar are at levels that are healthy for you.
  -  Take steps to maintain a healthy body weight.
  -  Cut down on salt.
  -  Reduce fat, saturated fat and sugar.
  -  Alcohol in moderation.
  -  It is never too late to stop smoking.