

# Symptoms to look out for...

Now, displaying one, or all of these symptoms doesn't mean you've got dementia, but it could be a cause for concern. If you're worried about anything, make an appointment to see your doctor, or contact the Alzheimer's association.

- Feeling confused, even in a familiar place
- Trouble controlling your mood or behaviour, including feeling depressed, agitated or irritable
- Forgetfulness. Trouble remembering familiar faces or recent events
- Problems planning and doing tasks that used to come easily. This includes dealing with money, writing a letter or following a recipe
- Finding it hard to follow conversations and losing track of what you were saying



# Dementia



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Discover more about  
Dementia and how  
to help avoid it



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# What is Dementia?



It's a brain condition that affects the way the brain works, making every-day activities more difficult. This includes forgetting things, or getting confused more easily.

There are a variety of different types of dementia, of which Alzheimer's disease is the most well-known variant.

All different types of this disease get worse over time and they will all interfere with daily life.

While it's a relatively common condition – nearly 900,000 people suffer from dementia – most people won't ever develop it, but the risk of getting it is at its highest in people aged over 65.

Unfortunately, there is no cure, but there are certain steps you can take to help reduce your chances of contracting the disorder.

## How to reduce your risk of Dementia...

There are several steps you can take to help reduce your risks of dementia. By keeping your brain active and healthy – as you would your body when trying to keep it in shape – you're less likely to contract the condition.

### Eat healthily

Eating healthily supports healthy brain function through the nutrients in healthy fats, such as omega-3 fish oils, vitamins and minerals. Remember to have plenty of fruit and vegetables, nuts, seeds, olive oil and have two portions of oily fish a week.

### Maintain a healthy weight

Many factors can affect weight loss, poor appetite, chewing and swallowing problems, changes in food preferences, coordination changes and increased energy needs. Try to eat foods from all the different food groups to provide the body with all the nutrients it needs to supply to the brain to help with your thinking.

### Be physically active

Physical activity is an excellent way to reduce your risk of dementia. Not only will it help keep the brain healthy, but it will keep the rest of you feeling well, too. Aim for around 10 minutes of activity every day and try not to stay seated for long periods of time.

### Don't drink too much

While there is no safe amount of alcohol to drink, keeping the amount you drink

below a certain level – and reducing the frequency with which you drink – will help reduce your chances of contracting dementia. This is because heavy drinking over time can cause alcohol-related dementia.

### Stop smoking

As well as the obvious danger to your lungs and heart, smoking can also nearly double your chances of getting dementia. This is because smoking can harm your circulation, stopping enough blood getting to your brain. People who stop at the age of 60 can add up to three years to their life through this alone.

### Manage your health

If you're suffering with an existing condition such as high blood pressure or diabetes, make sure you stay on top of these by taking your medication to help reduce your risks.

### Stay in touch with people around you

Continuing to be socially and mentally active is vitally important in the fight to help stave off dementia. Joining clubs and playing games such as Scrabble, bingo, cards or completing puzzles will not only improve your social life, but keep your brain active and healthy too.



Healthy You