

# DEMENTIA RISK REDUCTION



Northern Beaches  
DEMENTIA ALLIANCE



## MEMORY TIPS

- Avoid high intake of alcohol.
- Keep challenging yourself e.g. brain training, crossword puzzles, Sudoku, learning a language or an instrument. It can be as simple as doing tasks with your non-dominant hand
- Use a notepad and carry a diary or calendar to help you remember things
- Stay organised. Keep your keys and wallet in the same place so it doesn't get lost.

Description	Person living with Dementia	Older Person
Words, names and objects	Forgetting becomes progressively worse	May sometimes forget, words are on the tip of your tongue
Events	May forget all or part of an event	Memory may be sometimes vague
Written and verbal directions	Increasingly unable to follow	Able to follow
Stories e.g. tv, books & movies	Progressively loses the ability to follow	Able to follow
Stored knowledge	Over time loses some known information	Slower recall but essentially retained
Everyday skills	Loses capacity over time to perform tasks	Retains ability unless impaired physically

## ABOUT DEMENTIA

Dementia is the term used to describe the collection of symptoms caused by disorders that affect the brain.

Examples of dementia include:

- Alzheimer's disease
- Vascular Dementia
- Lewy Body disease
- Frontotemporal dementia

Dementia can cause problems in brain functioning and impact memory, language skills, understanding information, spatial skills, judgement and attention.

*"Changes in the brain can begin up to 20 years before symptoms occur."*



# DEMENTIA RISK REDUCTION



Northern Beaches  
DEMENTIA ALLIANCE

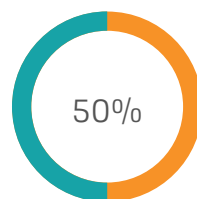


## DIET

- Limit saturated fats e.g. animal fats and avoid trans fats e.g. deep-fried foods and pastries
- Increase good fats e.g. olive oil, nuts, avocado and oily fish
- Eat cholesterol lowering food e.g. oats, whole grains and vegetables
- Reduce sugar and salt intake e.g. eat more unprocessed foods
- Increase antioxidants e.g. berries, green tea, dark chocolate, citrus and wholegrains

## PHYSICAL ACTIVITY

- Physical activity is associated with a 40% reduced risk of dementia
- Aim for 120-150 mins of exercise per week that includes aerobic, muscle strengthening and flexibility



**" 50% of the risk factors for dementia are modifiable"**

## SLEEP

- Sleep clears that brain of harmful toxins that cause brain degeneration
- Brain cells are regenerated while you sleep
- Research shows that the risk of dementia is higher with those who have shorter sleep duration (less than 5 hours/night)
- Limits daytime naps to 20mins

## MORE INFORMATION

[yourbrainmatters.org.au](http://yourbrainmatters.org.au)

## MENTAL HEALTH

- Late life depression is a risk factor for all dementia types but, is strongly linked to vascular dementia and cognitive decline
- Ensure you are engaged socially as a social network can reduce the risk of dementia by up to 60%
- Participate in gentle exercise or mindfulness

	I already...	I'm going to...
Memory		
Diet		
Physical Activity		
Sleep		
Mental Health		