Société Alzheimer Society

Brain Health and Cognitive Vitality

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Alzheimer Society Waterloo Wellington

Why is brain health important?

Looking after your long term brain health

Decreased risk of other cognitive & chronic conditions

Protecting your overall health

Non-Modifiable RISK FACTORS

Age	Sex assigned at birth	Genetics
•Risk increases with age •Dementia **not** a normal part of aging	• 61% are women • Other possibilities	• Less than 5% have familial autosomal Alzheimer's disease

Modifiable RISK FACTORS



Protect your heart



Know your numbers:

- body weight
- monitor your blood pressure
- cholesterol
- diabetes

Be physically active each day



- Exercise reduces dementia risk factors
- Effective exercise is regular, sustained and varied
- Choose activities you enjoy!

Be socially active



- Engage with family and friends
- Maintain your social network
- Stay connected

Manage medical conditions



- Keep on top of your overall health
- Understand your medications
- Monitor blood sugar levels

Challenge your thinking



- Lifelong Learning
- Brain Challenge!
- Break the routine

Take on mental leisure activities that you enjoy

Get a good night's sleep every night



- Try to sleep 6 to 8 hours each night to maintain your brain health

Have depression treated



- Remember that depression is more than just feeling down.
- Seek help to improve the functioning of your brain

Avoid excessive alcohol intake



- Limit your intake of wine, beer and other alcoholic beverages

Maintain your hearing



- Have annual hearing tests
- Protect your hearing from loud noises
- Earwax check
- Use hearing aids if you need them

Maintain your vision



- Have annual vision tests
- Protect your eyes
- Attending to cataracts *may* reduce risk

Find meaning in life



- What brings you purpose and meaning in your life?

Avoid all types of head injury



- When engaging in activities, remember to protect your head
- Reduce the risk of falls

Adopt healthy behaviours



- Reduce avoidable stress
- Quit or reduce smoking
- Healthy food choices

Modifiable RISK FACTORS

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Protect your heart



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Challenge your thinking



Lifelong Learning

Brain Challenge!

Break the routine

Focus on mental leisure activities that you enjoy

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Avoid all types of head injury



Steer clear of activities that may put your brain at risk of harm

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Maintain your hearing



- Have annual hearing tests
- Protect your hearing from loud noises
- Earwax check
- Use hearing aids if you need them

Action plan:

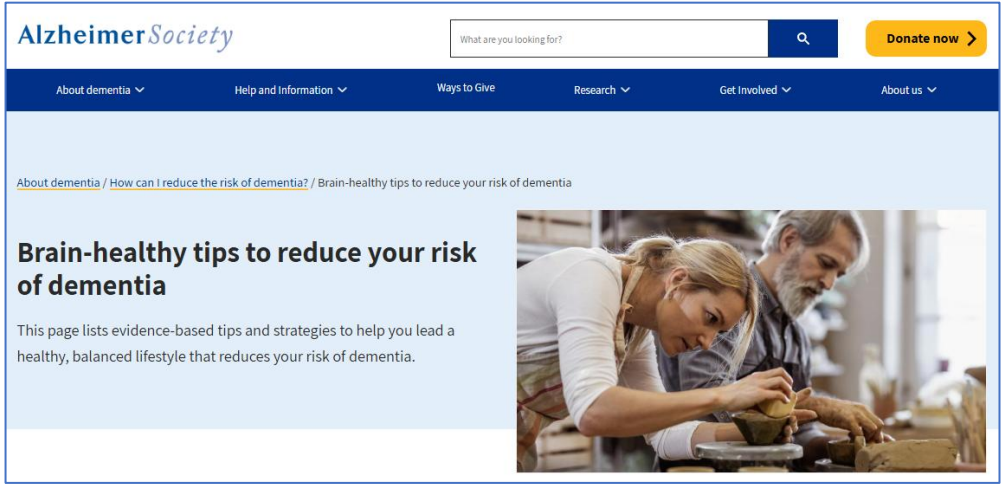
a) What are you **currently doing** to support your brain health?

b) What will you **start doing** to improve your brain health?

c) What **challenges** do you anticipate?

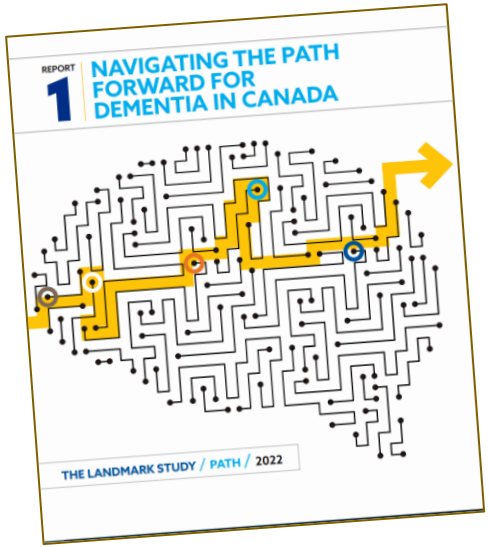


Resource: Brain Healthy tips to reduce your risk



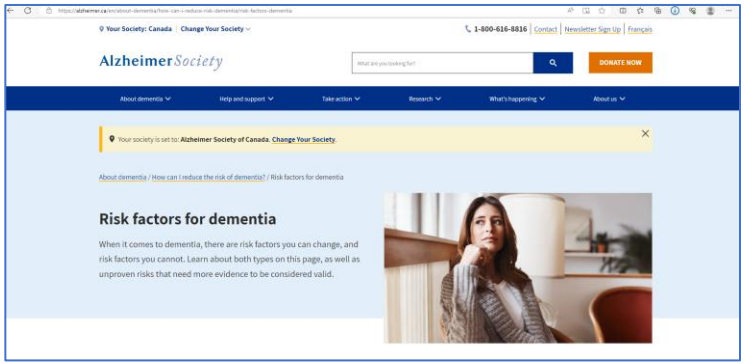
https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia

Resource: Navigating the Path Forward for Dementia in Canada: The Landmark Study Report #1



https://alzheimer.ca/en/research/reports-dementia/navigating-path-forward-landmark-report-1

Resource:
Risk Factors-Alzheimer Society website



https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/risk-factors-dementia

ASWW Programs / Services

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Supportive Counselling	Education Sessions	The Music Project
Social and Recreational	Finding Your Way	Minds in Motion
ALZed	Resources Online/print	Group Sessions

We welcome people of any age, gender identity and expression, race, colour and sexual orientation.

One more thing…we need your help!

Société Alzheimer Society

Alzheimer Society Waterloo Wellington fundraises almost **50%** of their annual budget in order to provide programs and services that are financially accessible to everyone.

Please help us by making a donation or attending our fundraising events that are offered throughout the year.

Thank you for considering us in your charitable giving!





Contact us!

Société Alzheimer Society

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