

How brain healthy are you?



Alzheimer's
Australia
Living with dementia

Use the
Mind your Mind
checklist to
find out

Research shows that people who lead a 'brain-healthy' lifestyle have less chance of developing Alzheimer's disease and other types of dementia.

To help reduce your risk of developing dementia:

- ◆ **Keep your brain active.** For example, read, do crosswords, sudoku or jigsaws, play board games or a musical instrument, learn a language, enrol in a course, visit museums, art galleries or cultural events, and challenge your brain at work.
- ◆ **Eat healthily.** Eat a variety of foods including plenty of fruit and vegetables and reduce saturated fat.
- ◆ **Be physically active.** For example, walk, garden, cycle, swim, dance, play a sport, do yoga, pilates, and tai chi.
- ◆ **Manage your blood pressure, blood cholesterol, blood sugar and body weight.**
- ◆ **Participate in social activities.** Catch up regularly with family and friends, join a club or group, or volunteer.
- ◆ **Don't smoke.**
- ◆ **If you drink alcohol, drink in moderation.** Drink no more than 2 standard drinks on any day.
- ◆ **Protect your head from injury.** Wear a bike helmet when cycling, wear a seatbelt, and take care as a pedestrian.

Doing all of these things can't guarantee that you won't develop dementia, but research shows they may help reduce your risk and may even delay the onset of dementia. And the great news is they are also good for your overall health and wellbeing.

Turn over to use the checklist to help you identify how 'brain healthy' you are. It's a guide to work out where you might be able to make changes to lead a more 'brain healthy' lifestyle.

Mind your Mind checklist



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If you answer 'Yes' to any of the options in the checklist then congratulations! You're doing your brain a favour, so keep up the good work!

If you answer 'No' or 'Don't know' to any of the options, then now is a good time to think about how you can change to a more 'brain-healthy' lifestyle. And it would be a good idea to discuss these issues with your doctor, especially your blood pressure, cholesterol, blood sugar or weight.

PROTECTIVE FACTOR

YES NO DON'T KNOW

| PROTECTIVE FACTOR | YES | NO | DON'T KNOW |
|---|-----|----|------------|
| I keep my brain active | | | |
| I eat healthily | | | |
| I'm physically active every day for at least 30 minutes | | | |
| My blood pressure is within the healthy range for me | | | |
| My blood cholesterol is within the healthy range for me | | | |
| My blood sugar is within the healthy range for me | | | |
| My body weight is within the healthy range for me | | | |
| I participate in social activities often | | | |
| I don't smoke | | | |
| I drink alcohol in moderation or I don't drink alcohol | | | |
| I protect my head from injury | | | |

Mind your Mind is Alzheimer's Australia's dementia risk reduction program. To find out more contact us.

www.alzheimers.org.au

National Dementia Helpline **1800 100 500**



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