

Symptoms to look out for...

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



What do I do now?

Visit: southend.everyonehealth.co.uk

Email: eh.southend@nhs.net

Tel: 0333 005 0095

Discover more about
Dementia and how
to help avoid it

What is Dementia?



Dementia is a 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...

Your memory and your ability to think and communicate all depend on your brain. By keeping a healthy brain you can reduce your chance of getting dementia.

Eat healthily

Eating healthily supports healthy brain function through the nutrients in healthy fats, such as omega-3 fish oils, vitamins and minerals. Have plenty of fruit and vegetables, nuts, seeds, olive oil and have two portions of oily fish a week. Unhealthy eating and being overweight can affect the blood supply to your brain and this can affect your thinking

Be physically active

Being physically active will help reduce your risk of dementia. It will also improve how well you feel and help to keep your heart, bones and muscles healthy. Aim to be active every day for 10 minutes or more. Try not to sit for long periods.

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. Joining clubs and playing games such as Scrabble, bingo, cards or completing puzzles will keep your brain active and healthy too.

