Dementia risk reduction workshop
Workshop outline

♦ Session one
  • Alzheimer’s Australia’s Mind your Mind program

♦ Session two
  • Brain Fitness Program

♦ Session three
  • Mind your Diet – evidence and practical application
Session one

- Mind your Mind program overview
- Dementia risk reduction evidence
- Mind your Mind
  - Future directions
  - Challenges
Mind your Mind - background

- Australian experts reviewed the evidence for dementia risk reduction
- Alzheimer’s Australia developed the Mind your Mind program
- Seven health tips or ‘signposts’ for dementia risk reduction
- Launched in 2005
The Mind your Mind signposts

- Mind your Brain
- Mind your Diet
- Mind your Body
- Mind your Health Checks
- Mind your Social Life
- Mind your Habits
- Mind your Head
What do we know about dementia risk reduction?

♦ Relatively new area of research
♦ Research indicates that certain health factors may reduce risk or delay onset
♦ Most research done on Alzheimer’s, vascular dementia and dementia overall
♦ However, likely to have benefits for all forms of dementia
♦ Still no guarantee!
Mind your Brain

证据:

- 参与更高数量和更高水平的精神刺激活动在不同年龄段是与较低的痴呆风险相关的。
- 还有“剂量效应”——你做的活动越多，你坚持的时间越长，活动越复杂，痴呆的风险越低。
- 高水平的终身精神活动可以降低46%的风险。

图片由Simon Letch, 2009提供。
Mind your Brain – recommendations

♦ Keep your brain stimulated in a variety of ways, throughout life
♦ Activities can be via work, study or leisure
♦ Choose activities that interest you
Mind your Diet

- Evidence and recommendations will be covered in Session Three
Mind your Body

♦ Evidence:
  • People who are more physically active have a lower risk of dementia

♦ Physical activity:
  • Helps blood flow and oxygen supply to the brain
  • Stimulates brain cell growth
  • Reduces cardiovascular disease risk
Mind your Body – recommendations

- Don’t know yet the best type, amount or frequency of activity for dementia risk reduction
- Aim for at least 30 minutes of activity each day
- Choose activities you enjoy and will keep doing
Mind your Health Checks

♦ Evidence:

• High blood pressure, high cholesterol and obesity mid life associated with increased dementia risk
• Diabetes is a risk factor for dementia
• Treatment of high blood pressure reduces risk
• Effect on dementia risk of treatment of other conditions is unclear, but likely it will reduce risk
Mind your Health Checks - recommendations

♦ Have your blood pressure, cholesterol, blood sugar level and weight checked by your doctor
♦ Follow treatment advice
Mind your Social Life

♦ Evidence:

- Lower risk of dementia associated with:
  - Participating in more social activities
  - Having larger social networks
  - Not feeling lonely

- Activities that combine social, physical and mental aspects provide even greater benefit
Mind your Social Life – recommendations

- Get involved in a range of activities
- Choose activities of interest
- Choose activities that involve physical and mental aspects as well
Mind your Habits

♦ Evidence:

• Smoking is a risk factor for dementia in old age
• Former smokers at lower risk of Alzheimer’s than current smokers
• Moderate alcohol associated with reduced risk of dementia, Alzheimer's and vascular dementia
• Excess alcohol associated with increased dementia risk
• Sleep disorders and chronic daytime sleepiness may increase dementia risk
Mind your Habits – recommendations

♦ Quit smoking (and avoid tobacco smoke)

♦ If you drink alcohol, drink in moderation (no more than 2 standard drinks/day)

♦ Seek medical assistance for sleep problems