

Heads Up For Healthier Brains

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Agenda

- Discuss Dementia and Alzheimer's Disease
- Learn the 10 warning signs of Alzheimer's Disease
- Understand the importance of lifestyle factors in reducing your risk of developing dementia
- Review Alzheimer Society of Toronto Services

What is Dementia

- Dementia is an umbrella term used to describe a set of symptoms including:
 - A decline in memory, judgment, understanding and other cognitive thinking abilities
 - Changes in mood, behaviour
- Alzheimer's Disease is one type of dementia

What is Dementia?



**Alzheimer's
Disease**

**Frontotemporal
Dementia**

**Lewy Body
Dementia**

**Vascular
Dementia**

**Creutzfeldt-
Jakob Disease**

Statistics

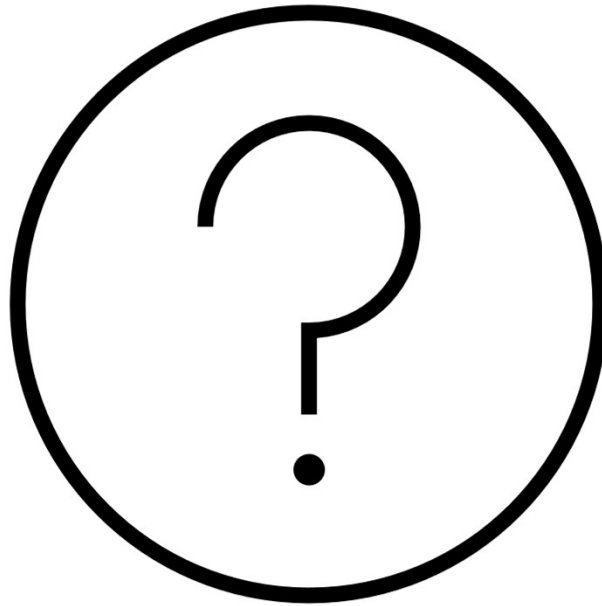
Who has Alzheimer's disease or other dementias?

- 47.5 million people worldwide
- 564,000 people in Canada
- 1 in 11 people over 65

Signs & Symptoms

- 1) Memory loss
- 2) Difficulty performing familiar tasks
- 3) Problems with language
- 4) Disorientation of time and place
- 5) Poor or decreased judgment
- 6) Problems with abstract thinking
- 7) Misplacing things
- 8) Changes in mood and behaviour
- 9) Changes in personality
- 10) Loss of initiative

What causes Alzheimer's Disease?



Non-Modifiable Risk Factors

Age

- Risk increases with age
- Dementia **not** a normal part of aging

Biological Sex

- 72% are women for Alzheimer's disease

Genetics

- <5% have familial autosomal Alzheimer's disease

Reduce your Risk through Lifestyle choices



Challenge yourself



Be socially active



Eat well



Be physically active



Reduce stress



Protect your head



Make healthy choices



Volunteer!

Protect your Head



Medication
Review

Other
helpful tips?

Promote a
safe
environment

Falls
Prevention

Good shoes

Plan ahead
and stay
focussed



Be Physically Active

- **87% of people who own running shoes do not run**
- **Effective exercise is regular, sustained, varied**
- **Choose activities you enjoy**



Be Socially Active

- Join a club, hobby group or take a class
- Attend church/mosque/synagogue/temple
- Volunteer
- Visit or be visited by relatives/ friends



Make Healthy Food Choices

- Mediterranean diet
 - Quality/variety not quality
- Antioxidants
- Omega 3 fatty acids
- Vitamins



Manage Your Stress



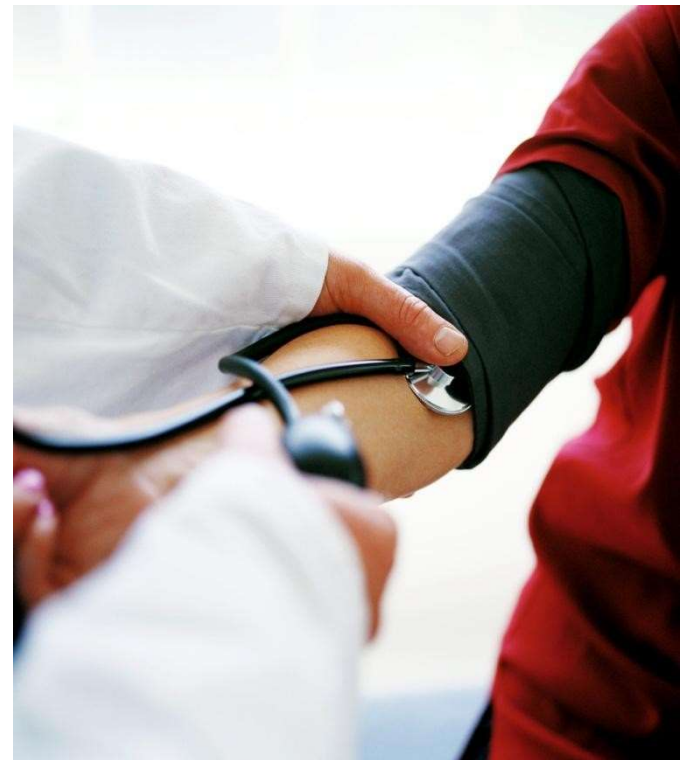
Sleep

- A good sleep is a necessity not a luxury
- Any amount of sleep deprivation will diminish mental performance
- Practice good sleep habits



Track your Health Numbers

- Be heart healthy
 - Body weight
 - Blood pressure
 - Cholesterol
- Blood sugar levels
- See your doctor regularly
- Get treatment for depression



Challenge Your Brain

- Stay curious
- Try something different
- Challenge your senses
- Do something new every day



Challenge Your Brain

“There’s no magic activity. It’s just daily life. Involve yourself in activities that you’re not already an expert at, that are challenging for you, and that you enjoy.”

- Dr. Nicole Anderson, Baycrest



AST Services and Programs



Counselling



Support Groups



Education / Training



MedicAlert[®] Safely Home[®]



Music Project

AlzheimerSociety
TORONTO



AlzheimerSociety
**music
project**

♪ *Personalized music*
for people living with dementia ♪

www.alz.to

Ways to apply

Online: www.musicproject.ca

Paper: Applications available at events or by mail upon request

Phone: 416-322-6560





*For people with dementia,
every step counts.*

Finding Your Way is a program designed to:

- Raise **awareness** of the risk of people with dementia going missing
- Help **prevent** missing incidents by promoting the creation of a safety plan
- Support the **safe return** of people who do go missing



FINDING Your Way

*For people with dementia,
every step counts.*

Why is Finding Your Way important?





*For people with dementia,
every step counts.*

Where can the program materials be accessed?

All the programs tools can be downloaded and printed from the Finding Your Way website:

www.findingyourwayontario.ca

The materials on the site are available in:

English, French, Punjabi, Chinese, Italian, Portuguese, Spanish, Tamil, Tagalog, Arabic, and Urdu



Thank You!
Questions?

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