

Ways to improve brain health and reduce risk of dementia

Whole body health affects brain health

Each of these should be checked and treated	I need to ask my GP to about this	I'm ok on this
Blood pressure		
Cholesterol		
Weight		
Diabetes		
Hearing		
Vision		
Mental health		

Lifestyle affects brain health

	I will work on this	I'm ok on this
Quit smoking		
Minimise how much alcohol you drink		
Follow a balanced diet of healthy foods		
Keep physically active 3 times a week		
Keep socially connected every week		
Challenge your brain with new or varied activities every week		



Visit www.facingdementiatogether.au
Call the National Dementia Helpline
1800 100 500

