

健腦小貼士—幫您降低患上認知障礙症的風險

全身健康會影響腦部健康

請檢視及治療以下身體狀況 整體健康狀況會影響腦部健康。 請您檢查自己的身體狀況，如有問題，請盡早處理	我需要向家庭醫生查詢	我在這方面沒問題
血壓		
膽固醇		
體重		
糖尿病		
聽力		
視力		
心理健康		

生活習慣會影響腦部健康

	需要努力改善	我在這方面沒問題
戒煙		
儘量減少飲酒		
均衡飲食，選擇健康食物		
每週進行三次身體活動		
每週保持社交聯繫		
每週透過新活動或不同方式鍛鍊腦部		



共面
認知障礙症

訪問：www.facingdementiatogether.au/ch
致電全國認知障礙症熱線 1800 100 500



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

