

健脑小贴士-帮您降低患上认知障碍症的风险

整体健康状况会影响大脑健康

请您检查一下自己的身体状况，如有问题，请及时治疗	我需要问一下家庭医生	我没问题
血压		
胆固醇		
体重		
糖尿病		
听力		
视力		
心理健康		

有些生活习惯会影响大脑健康

	我还要努力	我没问题
戒烟		
尽可能少喝酒		
均衡饮食，吃健康的食物		
每周运动3次		
每周积极参与社交活动		
每周都尝试各种各样的活动来锻炼大脑。		



共面
认知障碍症

访问: www.facingdementiatogether.au/zh
拨打全国认知障碍症热线 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

