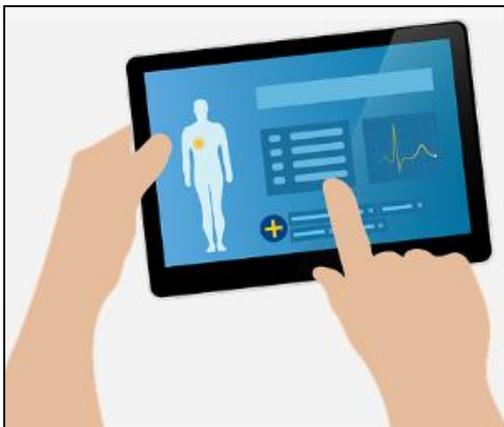


## Choosing a healthy lifestyle can improve your brain health, such as:

- Reduce stress, practice relaxation, meditation or other stress reduction techniques.
- Make healthy food choices.
- Quit or do not smoke or drink a lot of alcohol.
- See your doctor regularly, both for check-ups and any specific health concerns.
- Track your numbers: keep your blood pressure, cholesterol, blood sugar, and weight within recommended limits.
- Be active and keep up moderate physical activity.



The Alzheimer Society of BC provides First Link® dementia support that connects people with dementia, their caregivers and their families to support and learning opportunities at any point in the progression of the disease.

**First Link® is available in all communities across the province, and can be accessed in three ways:**

- A referral from a health-care provider or a community organization.
- By visiting one of the Alzheimer Society of B.C.'s Regional Resource Centres.
- By calling the First Link® Dementia Helpline at 1-800-936-6033

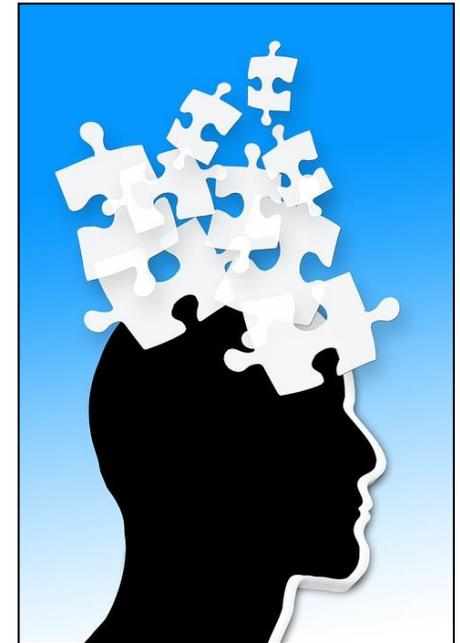
**Alzheimer Society**  
BRITISH COLUMBIA

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #265983 (October 2018)  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

## Keep Your Brain Healthy Getting to Know Dementia



Fraser Health  
Regional Dementia Strategy

 **fraserhealth**

## Dementia is more than just forgetting. Do I have dementia?

Many older adults, their friends, and their family worry about getting dementia or Alzheimer’s disease. Dementia is *not* a normal part of aging, and not all older adults will develop dementia. See a doctor if you, family, friends or caregivers notice changes in your ability to function at work, in social settings or in day-to-day life.

Normal Aging	Dementia
Not being able to remember details of conversations or events from years ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things and events more frequently

## What are the Signs?

The Alzheimer Society of Canada lists the following as signs of dementia:

- Memory loss affecting day-to-day abilities.
- Difficulty performing familiar tasks.
- Problems with language (i.e., difficulty finding the right words and following a conversation).
- Disorientation in time and place.
- Impaired judgement (i.e., cannot make the right decision).
- Problems with abstract thinking (i.e., reduced ability to understand, think, remember and reason).
- Misplacing things.
- Changes in mood and behavior.
- Changes in personality.
- Loss of initiative.

Talk to your doctor if you notice one or more of these happening to you or someone you know in your life.<sup>1</sup>

<sup>1</sup>*Adapted from the Alzheimer Society of Canada: “10 Warning Signs”*

## How to keep a Healthy Brain and Lifestyle

Keep your brain active every day by:

- Playing games that challenge your brain—chess, cards, word or number puzzles, etc.
- Pursue a new interest, learn a new language, play a musical instrument, take a course.



Staying connected socially helps you stay connected mentally, try to:

- Enjoy events with family and friends.
- Stay active in the workforce or become a volunteer.