Reduce Your Risks for the Big 'D'
Learning How to Live Healthy & What to Do If you Think It Might Be the Big 'D'

Do You...???
• Are you getting older?
• Have any family members who got dementia before age 65?
• Have many family members who got dementia after 70?
• Have a history of a head injury?
• Have diabetes or sugar problems? Do you cheat?
• Have blood pressure problems?
  Do you sometimes skip your medicine?

Do you...???
• Do you have high BAD cholesterol?
• Eat fast food more than 3 times a week?
• Do you like to super size? Get seconds?
• Eat a lot of fried foods?
• Eat lots of partially hydrogenated foods?
• Eat red meat more than once a day?
• Eat ‘white’ bread, biscuits, or rolls?
• Have your big meal in the evening?
• Snack a lot at night?
Do You...???

• Weigh more than you should? Women x2
• Do a lot of 'sitting down' or 'hanging out'?
• Work hard, but not move a lot?
• Watch TV more than 3 hrs a day?
• Tend to work hard for a for 5-10 minutes then rest....?
• Think more about getting in shape than do anything about it?

Do you...???

• Drive/ride everywhere you need to go?
• Stay at in your place all the time?
• Avoid talking or socializing when out?
• Do the same things the same way, day after day?
• Feel bored and down most of the time?
• WORRY A LOT?
• Sleep less than 6-8 hours a night?

Do you...???

• Have a lot of STRESS in your life?
• Feel too tired to DO anything?
• Smoke?
• Drink a lot?
• Never touch the stuff?
• Rarely, if ever drink water?
IF You Said YES...

There are things you can do to REDUCE YOUR RISK of getting dementia

Activities to Stay Mentally & Physically Fit

Use What You Still Have & Get the Right Help!

In Simple Words...

Lower Your Numbers & Raise Your Activity!
**PET and Aging**

PET Scan of 20-Year-Old Brain  PET Scan of 80-Year-Old Brain

ADEAR, 2003

**Positron Emission Tomography (PET)**
Alzheimer’s Disease Progression vs. Normal Brains

<table>
<thead>
<tr>
<th>Normal</th>
<th>Early Alzheimer’s</th>
<th>Late Alzheimer’s</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="PET Scan" /></td>
<td><img src="image2.png" alt="PET Scan" /></td>
<td><img src="image3.png" alt="PET Scan" /></td>
<td><img src="image4.png" alt="PET Scan" /></td>
</tr>
</tbody>
</table>

G. Small, UCLA School of Medicine.
What is Dementia?

- NOT a part of normal aging
- ALWAYS a disease
- MORE than just forgetfulness
- GETS WORSE over time
- STEALS your life and independence

Different Types...

- Alzheimer's disease
- Vascular dementia
- Parkinson's related
- Alcohol induced
- Fronto-temporal lobe dementia
- Lewy body dementia
- AIDS related
- Pseudo-dementia *** fixable dementia

Who Gets Dementia?

- ANYONE can get it
- Risk goes UP with AGE
- BOTH Women & Men
- All ethnic groups
- All cultures
- YOU can make a difference in when and sometimes, if you show the signs
**Risk Factors...**

- Uncontrolled Blood Pressure
- Uncontrolled Sugar Problems
- High Cholesterol
- Being Over-Weight
- Not Doing
- Not Thinking
- Not Getting Out & Getting Together
- Bad Eating

**Simple Message...**

*If it's Good for your HEART it's GOOD For your BRAIN!*

**Top Three**

- Exercise MORE
- Use Your BRAIN
- Eat RIGHT
EXERCISE

- Get MD OK
- Do WHAT you like!
- BUDDY up!
- AEROBIC –
  - A little short of breath
  - 15 - 20 minutes at a time
  - 100 minutes a week
  - 70% of your Max Heart Rate
    \[
    (220 - \text{your age} = \text{Max Heart Rate}) \times 0.7
    \]

Use Your Brain!

- Solve puzzles
- Take classes
- Try something new
- Play an instrument
- Join a study group or book club
- Read
- Play games
- Dance with a partner

Category Game

<table>
<thead>
<tr>
<th>Animals</th>
<th>Colors</th>
<th>Vegetables</th>
<th>Countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
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</tbody>
</table>
I \ RIGHT \ I

Try this…

Try to remember these pairs...
1 = C  2 = A
3 = T  4 = D
5 = O  6 = G
7 = R  8 = U
9 = N
Put the correct letter next to the number

1 ____ 9 ____ 3 ____ 2 ____ 5 ____
7 ____ 4 ____ 6 ____ 8 ____

Memorize these pairs

- Apple - Orange
- Black - Red
- Beans - Tooth
- Watch - Glass
- Pencil - Shirt
- Hand - Hammer
- Hanger - Button
- Paper - Eye
- Flag - Meat
- Cup - Shoe

What is the missing word?

- Hanger -
- Pencil -
- Paper -
- Apple -
- Beans -
Eat Right!

- MORE Fruits & Veggies
  - Less fat and sugar
- MORE WATER!!!
  - Less coffee, tea & soda
- MORE Omega 3 fats (canola, olive, flaxseed)
  - Less trans-fats (partially hydrogenated)
- MORE Fresh Food & Broiled Meat & Whole Grains
  - Less fried food & packaged food

New Good Food Ideas

- Eat fish once a week – or more
- Eat 'antioxidants' (vitamin E)
  - Prunes, plums, blueberries, spinach, almonds, green tea, red wine, ...
- Get enough Vitamin C & Bs
  - Citrus fruits & leafy, green vegetables
- Increase soy & curry in diet
- Drink ONE GLASS of alcohol/day***
- Larger meal at lunch - less at dinner

OTHER Things to DO...

- Stop smoking
- Lose weight – women > men – up to age 80
- Socialize
- Laugh & De-Stress
- Get enough sleep
- Get sleep apnea & depression treated
- Control blood pressure & diabetes
- Take meds CAREFULLY

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To be distributed only in conjunction with purchase of complete Professional Trainer Kit. For more information visit www.dementiacareacademy.com or call 1-800-672-1310.
FINALLY

• If you see changes in...
  - Memory
  - Thinking or Judgment
  - Personality or Emotions
  - Language or Speech
  - Enjoyment of Life
  - Sleep & Appetite
  - Episodes of confusion or disorientation

The person's brain is dying

• Early - Young Onset
• Normal Onset

Alzheimer's Disease

Vascular Dementia (Multi-infarct)
Lewy Body Dementia

Other Dementias
Genetic syndromes
Metabolic, etc.
CT10-related
Drug/Chem exposure
Smoking, other
HIV effects
Depression or other Mental conditions
Infections - BBB cross

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GET to the Doctor!

• Ask for a 'screen'
• Tell your concerns
• Call the Alzheimer's Association IF
  - You feel that no one is listening!
  - You want more info
  - You need support
  - You have a question
  - You want to help spread the word!