

Soci  t   Alzheimer Society

Brain Health

version: September 2025

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Today we will...

- Review the latest research to reduce your risk
- Recognize how lifestyle plays a role in your risk of developing dementia
- Commit to take action to support brain health



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Why is brain health important?

Looking after your long term brain health

Decreased risk of other cognitive & chronic conditions

Protecting your overall health

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Non-Modifiable RISK FACTORS

Age

- Risk increases with age
- Dementia **not** a normal part of aging

Sex assigned at birth

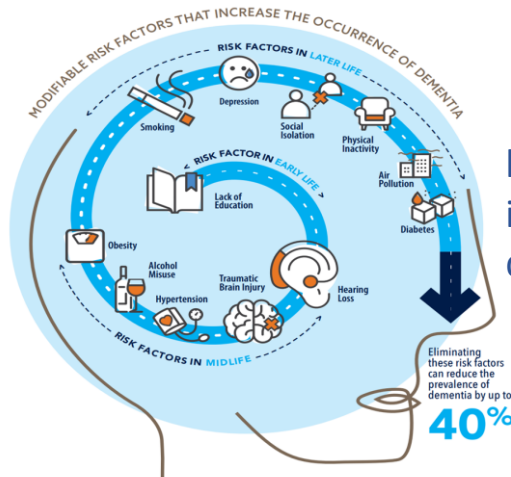
- 61% are women
- Other possibilities

Genetics

- Less than 5% have familial autosomal Alzheimer's disease

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Modifiable RISK FACTORS



lifestyle experiences that increase the occurrence of dementia

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Modifiable Risk Factors



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Protect your heart



Know your numbers:

- body weight
- monitor your blood pressure
- cholesterol
- diabetes

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Be physically active each day



- Exercise reduces dementia risk factors
- Effective exercise is regular, sustained and varied
- Choose activities you enjoy!

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Be socially active



- Engage with family and friends
- Maintain your social network
- Stay connected

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Manage medical conditions



- Keep on top of your overall health
- Understand your medications
- Monitor blood sugar levels

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Challenge your thinking



- Lifelong Learning
- Brain Challenge!
- Break the routine

Take on mental leisure activities that you enjoy

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Try This Brain Teaser

- Luke had it before
- Paul had it behind
- Matthew never had it at all
- Boys don't have it
- All girls have it once
- Old Mr. Mulligan had it twice in succession
- Dr. Lowell had it before and behind; he had it twice as bad behind as before

WHAT IS IT?

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Get a good night's sleep every night



- Try to sleep 6 to 8 hours each night to maintain your brain health

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Have depression treated



- Remember that depression is more than just feeling down.
- Seek help to improve the functioning of your brain

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Avoid excessive alcohol intake



- Limit your intake of wine, beer and other alcoholic beverages

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Maintain your hearing



- Have annual hearing tests
- Protect your hearing from loud noises
- Earwax check
- Use hearing aids if you need them

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Maintain your vision



- Have annual vision tests
- Protect your eyes
- Attending to cataracts may reduce risk

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Find meaning in life



- What brings you purpose and meaning in your life?

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Avoid all types of head injury



- When engaging in activities, remember to protect your head
- Reduce the risk of falls

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Adopt healthy behaviours



- Reduce avoidable stress
- Quit or reduce smoking
- Healthy food choices

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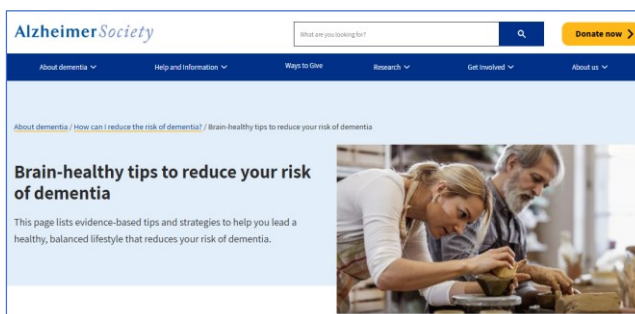
Action plan:

- What are you **currently doing** to support your brain health?
- What will you **start doing** to improve your brain health?
- What **challenges** do you anticipate?



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Resource: Brain Healthy tips to reduce your risk

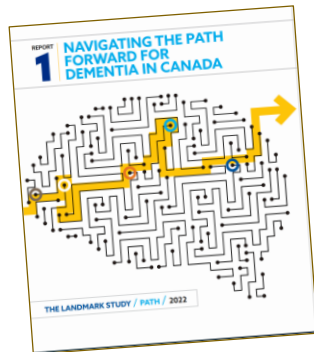


<https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia>



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Resource: Navigating the Path Forward for Dementia in Canada: The Landmark Study Report #1



<https://alzheimer.ca/en/research/reports-dementia/navigating-path-forward-landmark-report-1>

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Local Alzheimer Society Programs and Services



SUPPORT



EDUCATION



**INFORMATION
AND REFERRAL**



**OTHER
PROGRAMS**

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Contact Information



To locate your local Alzheimer Society

www.alzheimer.ca



To find out about upcoming ALZeducate sessions

www.alzeducate.ca



Email (for support or to request this slide deck)

alzed@alzon.ca

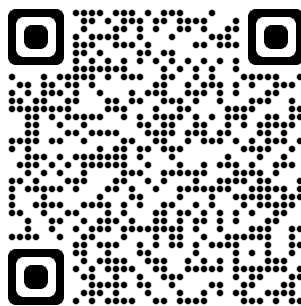


By phone:

416-967-5900

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Thank you for learning with us
Evaluation survey-we want your feedback!



I learned...

My take away..

requests

Hmmm
...

Another
thing....

Takes 60-90
seconds

<https://www.surveymonkey.com/r/3LST9QS>

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