

*Société 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

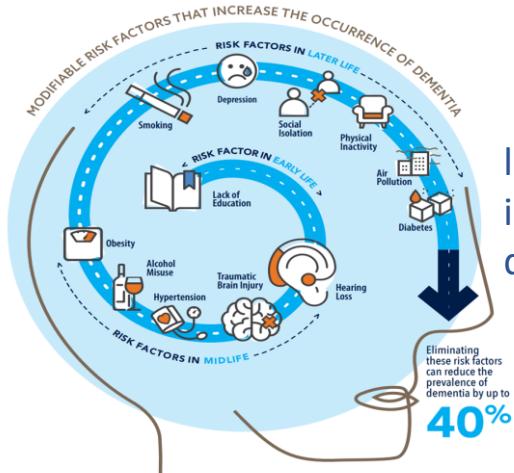
### Genetics

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

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## Modifiable RISK FACTORS



lifestyle experiences that increase the occurrence of dementia

Eliminating these risk factors can reduce the prevalence of dementia by up to  
**40%**

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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:

- a) What are you **currently doing** to support your brain health?
- b) What will you **start doing** to improve your brain health?
- c) 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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About dementia ▾ Help and Information ▾ Ways to Give Research ▾ Get Involved ▾ About us ▾

What are you looking for?

About dementia / How can I reduce the risk of dementia? / Brain-healthy tips to reduce your risk of dementia

**Brain-healthy tips to reduce your risk of dementia**

This page lists evidence-based tips and strategies to help you lead a healthy, balanced lifestyle that reduces your risk of dementia.

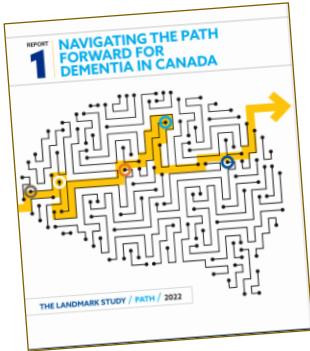


<https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia>

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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](http://www.alzheimer.ca)



To find out about upcoming ALZed educate sessions  
[www.alzeducate.ca](http://www.alzeducate.ca)



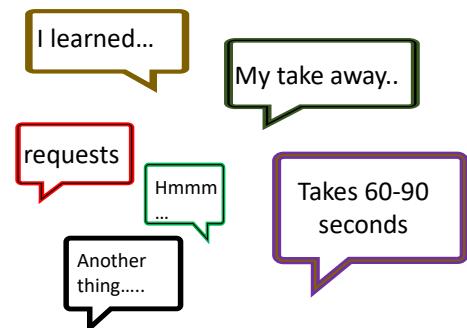
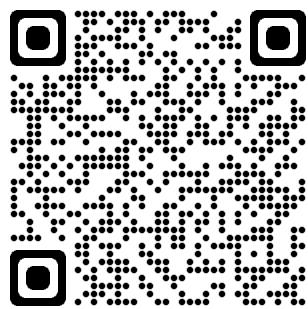
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Thank you for learning with us  
Evaluation survey-we want your feedback!



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

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