



降低痴呆风险

痴呆(Dementia)是一个术语，用来形容许多对大脑有影响的疾病，其中包括阿尔茨曼病 (Alzheimer's disease)。目前痴呆的成因尚不清楚，但科学家相信其中可能涉及到许多不同的因素。

有几个因素尽管不会直接引起痴呆，但与增加痴呆风险有关联；这些因素中，有些是我们可以改变的，有些我们无法改变。

我们无法改变的痴呆风险因素是：

◆ 老龄化

患痴呆症的风险随年龄加大，大多数例子都发生在年龄较大的人身上。从65岁开始，每过5年患痴呆症的风险就会增加一倍。

◆ 家庭成员有患痴呆症的历史

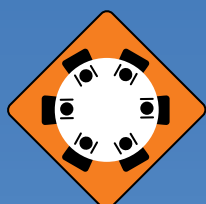
家庭成员有患痴呆症的历史会略微增加患痴呆症的风险，重要的是，这并不意味着你会患上痴呆症。

我们也许能改变的痴呆风险因素是：

- ◆ 缺乏大脑活动
- ◆ 高饱和性脂肪饮食
- ◆ 缺乏身体活动
- ◆ 高血压
- ◆ 高血脂
- ◆ 二类糖尿病
- ◆ 肥胖
- ◆ 吸烟
- ◆ 过度酒精摄入
- ◆ 社会孤立
- ◆ 头部受伤

如何降低患痴呆症的风险

研究显示有一系列的生活方式和健康因素可以降低患痴呆症的风险或推迟其发生，尽管它们不是克服痴呆的保证，但对身心健康仍有益处。





为帮助照顾你的大脑健康并降低你患痴呆症的风险：

保持你的大脑活跃

平时多进行各种有刺激脑筋作用的活动，以便锻炼你的大脑。比如看书、打麻将、玩牌、下象棋、参加学习，或做针线、编织或木工。

饮食健康

避免大量摄入含饱和脂肪量高的食品，比如黄油、油煎食品、腌制的肉(如火腿、咸肉)、油酥糕点、蛋糕和饼干。选择种类丰富的食品，包括大量的蔬菜、水果、粗粮、含脂肪量低的奶制品。如果你吃肉，挑瘦的部分，用单元不饱和或多元不饱和的油做，如菜籽油、橄榄油、葵花籽油和黄豆油。

身体活跃

身体活动的好处是它能帮助血液流动和向大脑输送氧气，它还促进脑细胞的生长或存活。每天遵照全国身体活动指导原则(National Physical Activity Guidelines)进行至少30分钟的身体活动。选择你平时喜欢的活动，比如走路、游泳、跳舞、打太极拳或参加一个锻炼小组。

控制你的血压、胆固醇、血糖和体重

研究显示在中年时期患有高血压、高胆固醇、糖尿病或肥胖症的人，在以后岁月里患上痴呆症的风险会更高。定期由你的家庭医生做身体检查，并听从医生的建议。

参加社会活动

参加社会活动对整体身体健康大有裨益。和朋友、家人聚会，参与你喜欢的活动。可尝试加入一个社交圈子，或去音乐厅和戏院。

不要吸烟

许多研究证明吸烟的人比不吸烟的人要更容易患上痴呆症。如果你吸烟，可以用广东话或普通话向Quitline进行咨询，电话1300 7848 36，用英语的话请拨131 848。或者你可以浏览网站 www.quitnow.info.au。

如果你喝酒，要适度喝酒

大量喝酒增加患痴呆症的风险，包括和酒精相关的痴呆。但是，少量或适量喝酒有可能降低患痴呆症的风险 – 不过，如果你现在不喝酒，没有证据显示你应该开始喝酒。全国酒精指导准则建议每天不要喝超过两杯标准酒精饮料。

避免你的头部受伤

经历过头部严重受伤、特别是受伤后昏迷时间较长的人，患痴呆症的风险更高，因此在骑摩托车或骑自行车时，戴好头盔保护你的头部、坐车时系好安全带、走路时要小心，另外在家里当心不要被活动的物品、地毯、工具和电线绊倒。

要进一步了解痴呆症和降低痴呆风险的信息，浏览Alzheimer's Australia's Mind your Mind 的网站 mindyourmind.org.au，或者请拨全国痴呆帮助线 (National Dementia Helpline) 的电话1800 100 500 (限英语)。需要语言协助，请拨电话翻译处的电话131 450，帮你接到全国痴呆帮助线 (National Dementia Helpline)。





Dementia risk reduction

Dementia is a term used to describe a number of diseases that affect the brain, including Alzheimer's disease. What causes dementia is mostly unknown, but scientists believe that it is likely that a combination of factors are involved.

There are several factors that, while not directly causing dementia, are associated with an increased risk of developing dementia. Some of these factors we can change, and some we can't.

The risk factors for dementia that we can't change are:

- ◆ Getting older

The risk of developing dementia increases with age and most cases occur in older people. From the age of 65, the risk of having dementia doubles every 5 years.

- ◆ Having a family history of dementia

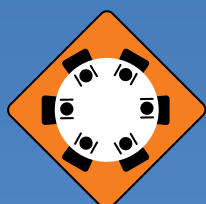
Having a family history of dementia is associated with a slightly increased risk of developing dementia. It is important to know that this doesn't mean you will develop dementia.

The risk factors for dementia that we may be able to change are:

- ◆ Lack of mental stimulation
- ◆ High saturated fat diet
- ◆ Physical inactivity
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Type 2 diabetes
- ◆ Obesity
- ◆ Smoking
- ◆ Excessive alcohol intake
- ◆ Social isolation
- ◆ Head injury

How can I reduce my risk?

Research has shown that a range of lifestyle and health factors may reduce the risk or delay the onset of dementia. While these are not a guarantee against dementia, they will provide many other health and wellbeing benefits.





To help look after your brain health and reduce your risk of dementia:

Keep your brain active

Challenge the brain with a variety of mentally stimulating activities that you enjoy. For example, read a book, do crossword, sudoku and jigsaw puzzles, play cards, enrol in a course, or do knitting, weaving or woodwork.

Eat healthily

Avoid a high intake of foods that are high in saturated fats such as butter, deep fried food, processed deli meats, pastries, cakes and biscuits. Choose a variety of foods that include plenty of vegetables, fruit and wholegrains and reduced fat dairy products. If you eat meat, choose lean cuts and cook with monounsaturated or polyunsaturated oils such as canola, olive, sunflower, and soybean.

Be physically active

The benefit of physical activity is that it helps with blood flow and oxygen supply to the brain. It also promotes brain cell growth and survival. Follow the *National Physical Activity Guidelines* and participate in at least 30 minutes of physical activity each day. Choose activities that you enjoy such as walking, swimming, dancing, tai chi or join an exercise group.

Manage your blood pressure, cholesterol, blood sugar and body weight

Research shows that people who have high blood pressure, high cholesterol, diabetes or are obese, particularly around middle age, have a greater risk of developing dementia in later life. Visit your doctor to have regular check-ups and follow their advice.

Participate in social activities

Participating in social activities is great for overall health. Catch up with friends and family, and get involved in activities you enjoy. Try joining a social group, or going to concerts or the theatre.

Don't smoke

A number of studies have shown that people who smoke have a greater chance of developing dementia than people who do not. If you do smoke, seek advice from Quitline on 131 848 or visit www.quitnow.info.au

If you drink alcohol, drink in moderation

Drinking large quantities of alcohol increases the risk of developing dementia, including alcohol-related dementia. Interestingly, drinking small to moderate amounts of alcohol may reduce dementia risk – however, if you currently don't drink alcohol, there is no evidence to suggest you should start. The national alcohol guidelines recommend no more than two standard drinks per day.

Protect your head from injury

People who have experienced a severe head injury, particularly with a loss of consciousness for an extended period, are at greater risk of developing dementia. So protect your head by wearing a helmet when riding a motorbike or bicycle, wear a seatbelt when traveling in a vehicle, and take care as a pedestrian. Be mindful of the risks of falling at home from loose objects, rugs, tools and cords.

For more information about dementia and dementia risk reduction, visit Alzheimer's Australia's Mind your Mind website mindyourmind.org.au. Alternatively, please call the National Dementia Helpline on **1800 100 500** (English only). For assistance in Chinese, please phone the Telephone Interpreter Service on **131 450** to connect you to the National Dementia Helpline.

