

YOUR BRAIN MATTERS

A GUIDE TO HEALTHY HEARTS & MINDS

In aad maskaxda ka caafimaad qabto waa muhiin ama ahaw qof yar ama qof weyn. Cilmi baaris ayaa muujisay in lagu noolaado nolol leh maskax caafimaad qabta, khaasatan intaad ku jirto da'aha dhexe (da'da 40 ilaa 65 sanadood), waxaa laga yaabaa inay hoos u dhigto cudurka hilmaanka (dementia) intaad nooshahay. Si aad ugu noolaato maskax caafimaad qabta, waxaad u baahan tahay inaad xafido maskaxdaada, jirkaaga, iyo wadnahaaga. Kulligood waa muhiim.

INAAD MASKAXDAADA KA DHIGTO MID FIRFIRCOON WAA MUHIIM

Ka dhig maskaxdaada mid loolan leh bulsha ahaana firfircoon.

Saynisyahano ayaa ogaaday in ku loolan gelinta maskaxda xarakaadya cusub ay caawinto dhisida unugya cusub ayna xoojiyaan isku-xirka u dhexeeya iyaga (unugyada). Tani waxay caawintaa siinta maskaxda 'kaydad' badan sidaas darteed si wanaagsan ayay wax u qabataa waxayna u shaqaysaa si wanaagsan haddii unugyada kuwa ka mid ahi dhaawacmaan ama dhintaan.

Dooro xarakaadyo leh loolan aadna ku raaxaysato samayntooda. Hawl geli naftaada badanaa iskuna day inaad barato waxyaalla cusub intaad nooshahay.

Ka qaybgelida xarakaadyada bulsho iyo la macaamilida dadka kale waxay hawl gelisaa unugyada maskaxda waxayna xoojisaa isku-xirka u dhexeeya iyaga Xarakaadyada bulsho oo xiriirka la leh xarakaad maskaxeed iyo kuwa jireed waxay siiyaan faaiidooyin waaweyn caafimaadka maskaxda iyo hoos u dhigida khatarta siyaadaysa ee cudurka hilmaanka. Sidaas darteed isku day inaad samayso qaar kuwaas ka mid ah.

Waqti la qaado qoyska iyo saaxiibada si aad maskaxdaada uga dhigto mid firfircoon – ama ka sii fiican, socodna kula sheekayso



U qabanqaabi kaararka ama gaymamka habeenkii saaxiibada ama ka mid noqo naadiga bulshada ee agtaada ah



Baro sida loo cayaaro qalabka muyuusiga ama gal tiyaatar ama kunjeerto



Baro waxyaalla badan ama ka qaybgala xarakaadyada aad jeceshahay sida ranjiyeynta, farshaxanka ama hagida



Isku-qor kooras gaaban oo waxyaalla cusub sida yoogada, dhir qorida ama sawiro – waxaad baran doontaa xirfada cusub waxaadna la kulmaysaa dad cusub



BrainyApp™

Haddii aad jeclaan lahayd fan iyo hab xarakaad oo aad ku ilaalinayso caafimaadka maskaxdaada, gal websaytka (khaanada) app-kaaga kalana soo bax BrainyApp smartphone-kaaga ama tablet. Booqo brainyapp.com.au wixii macluumaad ee intaas ka badan.

INAAD FIYOWDAHAY OO AAD CAAFIMAAD QABTO WAA MUHIIM

Cun cunto caafimaad qabta kana qayb gal xarakaadyo jireed. Maskaxdaadu waxay u baahan tahay nafaqooyin kala duwan, biyo iyo tamar ay si fiican ugu shaqeeysa.

Iska ilaali cuntooyinka badan oo leh dufan (subag, cuntooyin la shiilay, hilib la warshadeeyey, keegyo, waxyaallaha burka iyo dufanka ka samaysan iyo buskud). Dooro cuntooyin kala duwan kuwaas oo ay ku jiraan khudaar, furut, miro-isku-dhan, nutska iyo waxyaalla ka yimid xoollo oo dufankooda hoos loo dhigay. Kalluun, hilib aan baroor lahayn iyo saliida dufanku ku yar yahay (saliida laga miiray canola, olive, sunflower iyo soyabean).

Haddii aad cabto khamro, iska yaray (ama gebi ahaanba jooji) taas oo aan ka badnayn laba cabitaan oo mustawahoodu yahay caadi maalintii.

Xarakaad jireed oo joogto ah wuxuu faaiido u leeyahay jirka. Wuxuu caawimaa socodka dhiigga iyo siinta maskaxda oksujiin.

Samay ugu yaraan 30m daqiiqo oo jimicsi dhexdhexaad ah maalin walba. Dooro xarakaadyada aad ku raaxaysato sida socodka, dabaasha, dhaansiga, tai chi ama ka qaybgal koox jimicsi.

Baro dhaansiga (dance) – waa xarakaad u wanaagsan jirkaaga iyo maskaxdaada



Cun cuntooyin kala duwan oo ka kala yimid kooxo kala duwan iskana yaray waxyaalla dufanku ku badan yahay



Ku dar cuntadaada omega 3da aysiidka dufanka ee ka yimid kalluunka saliida leh iyo meelaha kale sida miraha loo yaqaan walnuts.



Ku raaxayso laba hal oo furut ah maalintii – samayso salad iyo furut, ku darso quraacdaada



Ku dar ilaa shan nooc oo khudaara cuntadaada maalintii



Ku dar ugu yaraan 30 daqiiqo oo xarakaad jireed ah qorshahaaga maalinimo oo caadiga ah



INAAD ILAALISO WADNAHAAGA WAA MUHIIM

Waxa wadnaha u fiicani maskaxdana waa u fiican yahay.

Cilmi baaris ayaa muujisay inaad qabto sonkorow, kolistarool aad u sarreeya ama dhiigkar iyo in aadan u daawayn si wax ku oolla, inay dhaawici karaan xambaarayaasha dhiiga ee wadnaha ayna wax yeelli karaan shaqada wadnaha iyo xirfadaha fekerka.

Waa muhiim inaad joogto u baarto caafimaadkaaga aadna raacdo talada dhakhtarkaaga ama iyo mihnadlaha caafimaad. Inaad ku hayso dhiigkarkaaga, kolistaroolka, sonkorta dhiigga iyo miisaanka jirka heerar caafimaadkaaga u fiican, raacna taladooda daaweynta.

Caddayn ayaa muujisay in sigaar cabbidu siyaadiso khatarta cudurka hilmaanka. Si aad uga dhigto maskaxdaada mid caafimaad qabta, waa inaad sigaarka ka fogaataa.

La hadal aqoonyahanka caafimaadka wixii talo ah sida lagu lumiyo miisaanka siyaadada ah



Si joogto ah u hubi dhiig karkaaga



Wax kasta oo wadnaha u fiican maskaxadana waa u fiican yihiin – si joogto ah ugala hadal dhakhtarkaaga wixii ku saabsan dhiig karkaaga, kolistaroolkaaga, sonkorta dhiiga iyo miisaanka.



Haddii aad jirto 45+, waa inaad si joogto ah u baartaa wadnaha iyo qiimaynta khatarta xanuun kedis ah oo maskaxda waxyeella.



Ka fogow sigaar cabida – la hadal mihnadlaha caafimaadka ama wac khadka joojinta sigaarka (Quitline) tel: 13 78 48 wixii caawima ah ee la xiriira sida lagu joojiyo sigaarka.



Macluumaad intaas ka badan ee ku noolaanshaha maskax caafimaad qabta booqo websaytka Alzheimer's Australia oo ah yourbrainmatters.org.au



Ama wac Khadka Cudurka Hilmaanka Qaranka **1800 100 500**.
Caawimada luqada wac Adeega Turjubaanka Tele: **131 450**.

Qoraalkani wuxuu bixinayaa aragti guud oo gaaban keliya kuna saabsan mawduuca laga soo hadlay. Dadku waa inay raadiyaan talo mihnadeed oo ku saabsan xaalladooda gaarka ah. Alzheimer's Australia masuul kama ah wixii qalad ah ama laga tegay xagga qoraalka.

Alzheimer Australia ee barnaamijka Your Brain Matters waxaa kaalmeeya lacag ay bixisay Xukuumada Australia taas oo lagu bixiyey Kharajka Wanaajinta Adeega iyo Ka-hortagga Cudurada Khatarta ah.

BEING FIT AND HEALTHY MATTERS

Eat healthy and participate in regular physical activity. Your brain needs a range of nutrients, fluids and energy to work properly.

Avoid a high intake of foods that are high in saturated fats (butter, deep fried food, processed deli meats, cakes, pastries and biscuits). Choose a variety of foods that include vegetables, fruit, wholegrains, nuts and reduced fat dairy products. Eat fish, lean meat and cook with monounsaturated or polyunsaturated oils (canola, olive, sunflower and soybean oils).

If you drink alcohol, you should only drink in moderation, which is no more than two standard drinks per day.

Regular physical activity is beneficial for brain health. It helps with blood flow and oxygen supply to the brain.

Try to do at least 30 minutes of moderate exercise each day. Choose activities that you enjoy doing such as walking, swimming, dancing, tai chi or join an exercise group.

Learn to dance – it's great exercise for your body and brain



Eat a variety of foods from different food groups and cut back on saturated fats



Include omega 3 fatty acids from oily fish and other sources such as walnuts in your diet



Enjoy two pieces of fruit a day – make a fruit salad, include at breakfast



Include five serves of vegetables in your diet each day



Build at least 30 minutes of physical activity into your normal daily routine



LOOKING AFTER YOUR HEART MATTERS

What is good for the heart is good for the brain.

Research indicates that having diabetes, high cholesterol or high blood pressure, and not treating them effectively, can damage the blood vessels in the brain and affect brain function and thinking skills.

It is important to have regular health checks and follow the advice of your doctor or health professional. Manage your blood pressure, cholesterol, blood sugar and body weight at levels that are healthy for you, and follow their treatment advice.

Evidence shows that smoking increases the risk of dementia. To keep your brain healthy, smoking should be avoided.

Speak to your health professional for advice on how to lose excess weight



Have your blood pressure checked regularly



What's good for the heart is also good for the brain – speak to your doctor about checking your blood pressure, cholesterol, blood sugar and weight regularly



If you are 45+, you should get regular heart and stroke risk assessments



Avoid smoking – speak to your health professional or call Quitline on 13 78 48 for help on how to quit



For more information on living a brain healthy lifestyle visit Alzheimer's Australia's yourbrainmatters.org.au



Or call the National Dementia Helpline **1800 100 500**
For language assistance call the Telephone Interpreter Service on **131 450**