

5 PASSI SEMPLIĊI BIEX TQAWWI KEMM TISTA' S-SAĦĦA TA' MOĦĦOK

Hemm passi żgħar, li tista' tagħmel fil-ħajja tiegħek ta' kuljum, li jagħmlu differenza reali fis-saħħa ta' moħħok u li jgħinu biex inaqqsu r-riskju tiegħek li tiżviluppa id-dimensja aktar 'l quddiem f'ħajtek. Dawn il-passi huma tajbin ukoll għas-saħħa ġenerali tiegħek u jistgħu jnaqqsu r-riskju tiegħek ta' mard kroniku ieħor bħalma huma id-diabete, mard tal-qalb u l-kanċer.

Li tiegħu ħsieb is-saħħa ta' moħħok huwa improtanti f'kull età iżda huwa partikolarment importanti meta tasal fl-età tan-nofs (madwar l-età ta' 40 sa 65 sena). Il-**5 Passi Sempliċi biex Tqawwi Kemm Tista' s-Saħħa ta' Moħħok** jgħinuk biex iżzomm moħħok b'saħħtu u tnaqqas ir-riskju tad-dimensja.

L-1 PASS HU ĦSIEB QALBEK

Dak li huwa tajjeb għall-qalb huwa tajjeb għall-moħħ.



Il-kundizzjonijiet li jaffettwaw il-qalb jew il-vini tad-demem, bħalma huma l-pressjoni għolja tad-demem, kolesterol għoli, d-diabete u l-obeżità, jistgħu jżidu r-riskju li tiżviluppa d-dimensja, speċjalment jekk dawn jaffettwaw fl-età tan-nofs.

X' tista' tagħmel

- Iċċekkja saħħtek regolarment biex tiċċekkja l-pressjoni tad-demem, il-kolesterol, iz-zokkor fid-demem u l-piż. Imxi mal-parir tal-professionista tas-saħħa tiegħek.
- Itlob l-għajjnuna biex taqta' t-titjip

It-2 PASS AGĦMEL XI XORTA TA' ATTIVITÀ FIZIKA

Meta nkunu attivi fizikament nżidu s-saħħa ta' moħħna.



Attività fizika regolari żżid iċ-ċirkolazzjoni tad-demem lejn il-moħħ u tistimola t-tkabbir ta' ċelluli tal-moħħ godda u l-konnessjonijiet ta' bejniethom.

Li tkun attiv/a huwa tajjeb ukoll għal qalbek u għal ġismek.

X' tista' tagħmel

- Li tagħmel xi attività fizika huwa aħjar milli ma tagħmel xejn
- Jekk fil-preżent m'inti tagħmel l-ebda attività fizika ibda billi tagħmel xi ftit u żid bil-mod l-ammont li tagħmel. Tkellem mat-tabib tiegħek qabel ma tibda xi rutina ġdida ta' eżerċizzju.
- Tella' sa 30 minuta ta' attività ta' intensità moderata għal ħafna mill-ġranet – preferibbilment kuljum. Dan jista' jsir fi blokk ta' 10 minuti.

IT-3 PASS IĊĊALINGJA MENTALMENT LIL MOĦĦOK

Huwa importanti li iżzomm moħħok attiv.

Ix-xjentisti sabu li l-attivitajiet li jinvolvu l-ħsieb u t-tagħlim, li huma godda jew li jiċċalingjaw il-moħħ, jgħinu biex jinbnew ċelluli godda tal-moħħ u jsaħħu l-konnessjonijiet ta' bejniethom.

X'tista' tagħmel

- Ibda għamel xi sport ġdid
- Itgħallem lingwa ġdida
- Iprova passatemp ġdid
- Ibda kors f'xi ħaġa li kont dejjem trid tagħmel
- Infatti kull ħaġa, imbasta tkun ġdida, kkumplikata u li tintgħamel ta' spiss



IR-4 PASS SEGWI DIETA TAJBA



Dak li tiekol jista' jaffettwa s-saħħa ta' moħħok.

Moħħna jinħtieg varjetà ta' nutrijenti biex jiffunzjona sewwa.

X'tista' tagħmel

Għal saħħa tajba tal-moħħ, agħzel

- Ħafna ħaxix u frott
- Xaħmijiet u zjut tajbin [xaħam wieħed jew ħafna xaħmijiet li ma jkunux koncentri (polyunsaturated and monounsaturated fats)], bħalma huma ż-żejt taż-żebbuġa, ż-żejt tal-canola, minflok il-butir jew żejt tal-coconut u tal-palma (xaħmijiet saturati)
- Ħut
- Ħalib (skim), yoghurt u ġobon bi ftit xaħam jew mingħajru għal kollox
- Qatgħat tal-laħam mingħajr jew bi ftit xaħam.

Kul inqas

- Ħalib, yoghurt u ġobon bix-xaħam kollu
- Ikel u diżerti moqlijin, ikel moqli f'ħafna żejt u ikel takeaway (ikollhom ħafna xaħmijiet saturati)
- Torti, ikel bl-għaġina, kejkijiet, gallettini u bannijiet (xaħmijiet saturati ħafna [trans fats])

Jekk tixrob l-alkoħol, ipprova u illimita għal mhux iktar minn 2 xarbieť 'standard' f' ġurnata.

II-5 PASS GAWDI L-ATTIVITÀ SOĊJALI



Li tgħaddi il-ħin mal-ħbieb u l-familja jew nies li tieħu gost bil-kumpanija tagħhom, b'modi li jinteressawk, huwa tajjeb għas-saħħa ta' moħħna.

It-taħlit ma' nies oħra jgħin fil-bini ta' ċelluli ġodda tal-moħħ u jsaħħaħ il-konnessjonijiet ta' bejniethom, dan jista' jiprotegik kontra d-dimensja.

L-attivitatijiet li jgħaqqdu flimkien l-attività fizika, l-interazzjoni soċjali u li tkun iċċalinġjat/a bħalma huwa ż-żfin jipprovdu wkoll benefiċċju ikbar.

X'tista' tagħmel

- Kun parti minn xi klabb jew grupp soċjali
- Ingħaqad ma' tim, klabb tal-kotba, grupp tal-mixi jew kor
- Kun voluntier/a fil-komunità lokali tiegħek
- Ibda attendi klassijiet taż-żfin

X'IKTAR

Is-saħħa tal-moħħ tisser ukoll li tieħu ħsieb is-saħħa mentali tiegħek. Ara lill-professjonista tas-saħħa tiegħek dwar kif tittratta d-dipressjoni.

Huwa importanti wkoll li tiskansa minn korrimment serju f' rasek, għalhekk kun żgur/a li tiprotegi rasek.



KIF NISTA' NSIR NAF AKTAR?

Għal iktar tagħrif dwar kif tgħix stil ta' ħajja b'moħħ f'saħħtu żur il-websajt ta' Alzheimer's Australia f'yourbrainmatters.org.au Jew ċempel il-Linja Nazzjonali Għajnuna dwar id-Dimensja (National Dementia Helpline) fuq **1800 100 500**



Għall-għajnuna fil-lingwi ċempel is-Servizz Telefoniku tat-Traduzzjoni u l-Interpretu fuq **131 450**

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH

There are small steps that you can take in your everyday life that will make a real difference to the health of your brain and help reduce your risk of developing dementia later in life. These steps are also good for your general health, and can help lower your risk of other chronic diseases like diabetes, heart disease and cancer.

Looking after the health of your brain is important at any age, but it is particularly important once you reach middle age (around 40 to 65 years of age). The **5 Simple Steps to Maximise Your Brain Health** will help you keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART



What is good for your heart is good for your brain.

Conditions that affect the heart or blood vessels, such as high blood pressure, high cholesterol, diabetes and obesity, can increase the risk of developing dementia, especially if these occur at middle age.

What you can do

- Have regular health checks to check your blood pressure, cholesterol, blood sugar and weight. Follow the advice of your health professional
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Being physically active gives our brains a healthy boost.



Regular physical activity increases blood flow to the brain and stimulates the growth of new brain cells and the connections between them.

Being active is also good for your heart and body.

What you can do

- Doing any physical activity is better than doing none
- If you are currently not doing any physical activity, start by doing some, and gradually increase the amount you do. Speak to your doctor before you start any new exercise routine
- Build up to at least 30 minutes of moderate-intensity activity on most – preferably all – days. This can be done in 10 minute blocks.

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

It is important to keep your brain active.

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do

- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.



STEP 4 FOLLOW A HEALTHY DIET



What you eat can affect your brain health.

Our brain needs a variety of nutrients to function properly.

What you can do

For good brain health, choose:

- Lots of vegetables and some fruit
- Healthy fats and oils (polyunsaturated and monounsaturated fats), such as olive oil, canola oil, instead of butter or coconut and palm oil (saturated fats)
- Fish
- Low-fat or fat-free (skim) milk, yoghurt and cheese
- Lean or low fat cuts of meat.

Eat less:

- Full fat milk, yoghurt and cheese
- Fried food and desserts, deep fried foods and takeaway food (high in saturated fats)
- Pies, pastries, cakes, biscuits and buns (trans fats).

If you drink alcohol, try and limit it to no more than 2 'standard' drinks on any day.

STEP 5 ENJOY SOCIAL ACTIVITY



Spending time with friends and family, or people whose company you enjoy, in ways that interest you, is good for our brain health.

Mixing with other people helps to build new brain cells and strengthen the connections between them, which can protect you against dementia.

Activities that combine being physically active, social interaction, and are mentally challenging, such as dancing, provide even greater benefit.

What you can do

- Be part of a club or social group
- Join a team, book club, walking group, or choir
- Volunteer in your local community
- Take up dance classes.

WHAT ELSE?



Brain health also means looking after your mental health. See your health professional for advice on treating depression.

It's also important to avoid serious head injury, so be sure to protect your head.

FURTHER INFORMATION

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



Interpreter

For language assistance phone the Translating and Interpreting Service on **131 450**