

尽量增进 大脑健康的 5个简单步骤

您可以在日常生活中采取一些小步骤，切实给大脑健康带来不同，并且帮助降低日后出现痴呆症的风险。这些步骤对您的总体健康也有好处，可以帮助降低糖尿病、心脏病和癌症等其它慢性病的风险。

在任何年龄，照顾好大脑健康都非常重要，人到中年（从大约40岁到65岁）之后尤为重要。尽量增进大脑健康的5个简单步骤有助于您保持大脑健康，降低痴呆症风险。

第1步 照顾好您的心脏



益于心，益于脑。

高血压、高胆固醇、糖尿病和肥胖症等影响心脏或血管的疾病可增大出现痴呆症的风险，中年出现这些疾病时尤为如此。

您能做些什么？

- 定期做健康检查，检查血压、胆固醇、血糖和体重。遵照医务人员的医嘱。
- 寻求帮助来戒烟。

第2步 做某种体力活动

做体力活动可以增进大脑健康。

经常做体力活动可增加大脑血流量，刺激新的脑细胞生长，增强脑细胞之间的联系。

保持活跃也有益于身心健康。



您能做些什么？

- 做任何体力活动都聊胜于无。
- 如果您现在没有做任何体力活动，可以开始做一些体力活动，逐渐增加活动量。在开始任何新的锻炼计划之前，请向医生咨询。
- 逐渐增加到在大多数日子—最好是在所有日子—至少做30分钟中等强度的活动。这可以分为10分钟一节完成。

第3步 对大脑做出智力挑战

保持大脑活跃非常重要。

科学家发现，需要思考和学习的新活动或者对大脑具有挑战性的活动，有助于构造新的脑细胞，增强脑细胞之间的联系。

您能做些什么？

- 开展一种新的体育活动
- 学习一门新的语言
- 尝试一种新的爱好
- 开始学一门自己一直想学的课程
- 只要是复杂而且经常做的新东西，其实任何东西都可以。



第4步 遵照健康的饮食



饮食可能会影响大脑健康。

我们的大脑需要各种营养素，才能正常发挥功能。

您能做些什么？

为了获得良好的大脑健康，请选择：

- 大量蔬菜和一些水果
- 健康脂肪和食用油(多不饱和和单不饱和脂肪)，如橄榄油、菜籽油，而非黄油或椰子油和棕榈油(饱和脂肪)
- 鱼肉
- 低脂或无脂(脱脂)牛奶、酸奶和干酪
- 瘦肉或脂肪较少的肉

少吃

- 全脂牛奶、酸奶和干酪
- 油煎食品和甜食、油炸食品 and 外卖食品(高含饱和脂肪)
- 馅饼、糕点、蛋糕、饼干和小圆面包(反式脂肪)

如果您喝酒的话，请尽量限制为任何一天不超过2杯“标准”量。

第5步 享受社交活动



与朋友和家人一起，或者与您喜欢在一起的人一起，做自己感兴趣的事情，这样有益于大脑健康。

与他人一起社交，有助于构造新的脑细胞，增强脑细胞之间的联系，这样可以让您防止痴呆症。

综合体力活动、社交互动并且具有智力挑战性的活动，甚至具有更大益处。

您能做些什么？

- 参加俱乐部或社交小组
- 加入团队、读书俱乐部、步行小组或合唱队
- 参加当地社区的志愿工作
- 上舞蹈课

还能做其它什么？

要保持大脑健康，还需要照顾好精神健康。找医务人员咨询治疗抑郁症的建议。



避免严重头部受伤也非常重要，因此一定要保护您的头部。

更多详情

有关有益于大脑健康的生活方式的更多详情，请浏览澳大利亚阿耳兹海默氏病协会 (Alzheimer's Australia)

网站: yourbrainmatters.org.au

或致电全国痴呆症帮助热线 (National Dementia Helpline) **1800 100 500**



Interpreter

若需要语言方面的帮助，请致电口笔译服务处电话: **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



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