

認知障礙症與生活 Living with dementia



延緩認知障礙症及減低風險

Delaying dementia and reducing your risk

雖然科學家們正努力開發治療認知障礙症的方法，但仍然沒有治癒方法。藥物可以治療潛在疾病的某些影響，而其他療法有助控制症狀。

以下五個方法採取行動可能有助降低患認知障礙症的風險並延緩發病。

While scientists are working hard on developing treatments for dementia there is still no cure. Medications can treat some effects of underlying disease, while other therapies help manage the symptoms.

Taking action in the following five areas may help reduce the risk of developing dementia, and delay its onset.



方法1: 精神上挑戰你的大腦

MENTALLY CHALLENGE

- 動腦筋是關鍵
- 用新的活動來挑戰大腦，有助於腦神經細胞之間加強聯繫
- 可能未能改善記憶產生影響，但證據表明有助於執行功能，例如決策和推理，以及有助於更快地處理事情
- **Training the brain**
- **Challenging your brain with new activities can contribute to the strengthening of synapse connections**
- **These may not have impacts on memory, but there is some evidence it aids executive functions, such as decision-making and reasoning, and helps to process things faster.**



方法2: 多運動

BE PHYSICALLY ACTIVE ✨

- 刺激大腦產生新的神經元，從而減少認知能力下降
- 肌肉強化活動有助於平衡（減少跌倒）
- 改善情緒外，還可通過減少相關的風險因素來幫助保護您的心臟
- **Exercise is thought to stimulate the brain to produce new neurons and thereby reduce cognitive decline**
- **Muscle- strengthening activities also help with balance (reducing falls)**
- **As well as improving mood, exercise also helps protect your heart by reducing the associated risk factors**



方法3: 遵循健康飲食

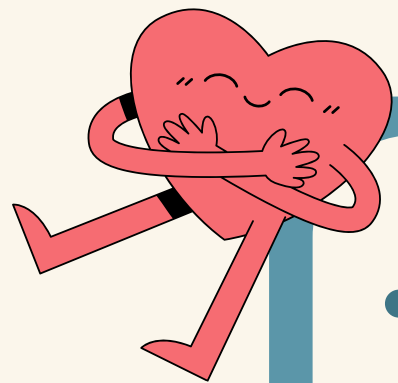
FOLLOW A HEALTHY DIET

- 多吃水果、蔬菜、豆類和堅果
- 用橄欖油代替牛油
- 每週吃兩次魚
- 添加香草和香料代替鹽
- 限制紅肉 - 與降低患認知障礙症風險有關
- 含有高脂肪和反式脂肪的加工食品會增加患認知障礙症的風險
- eating lots of fruit vegetables, legumes and nuts
- replacing butter with olive oil
- eating fish twice a week
- adding herbs and spices instead of salt
- limiting red meat – is associated with a reduction in the risk of dementia.
- Processed food with high fats and trans fats are associated with an increased risk of dementia

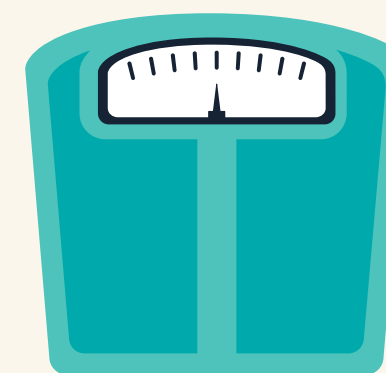
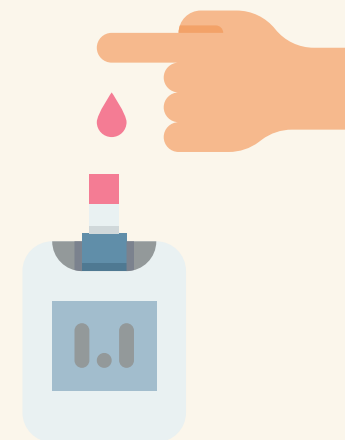


✦ 方法4: 看顧你的心臟

LOOK AFTER YOUR HEART



- 控制血壓、膽固醇、二型糖尿病及肥胖症，可以減少血管性認知障礙症的影響
- 戒煙也能減低可能進一步損害神經元的神經毒素
- **Keeping blood pressure, cholesterol, Type II diabetes and obesity under control can reduce the impact of vascular dementia in particular**
- **Quitting smoking also falls into this category, and it reduces neurotoxins that could further damage neurons**



方法5: 享受社交活動

ENJOY SOCIAL ACTIVITY



- 增加社交活動活動和與他人的情感聯繫，有助於加強記憶通路
- 社交孤立會增加認知障礙症的風險，還會增加患高血壓、抑鬱症和冠心病，這些也是認知障礙症的風險因素。
- Social engagement increases mental activity and emotional connections to others and can help strengthen the pathways of memories
- Social isolation not only increases the risk of dementia, but also increases the risk of hypertension, depression and coronary heart disease, which are also risk factors for dementia





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