



Lifestyle Changes Can Make a Big Difference

Discover potentially modifiable risk factors; identify and commit to reasonable and meaningful lifestyle changes to improve your brain health.

**BRAIN HEALTH & DEMENTIA
AWARENESS IN OUR COMMUNITIIES**



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FIND RESOURCES

[www.doh.wa.gov/
brain-health-resources](http://www.doh.wa.gov/brain-health-resources)



With early detection, you have more options for staying healthy, maintaining independence, and getting support.

www.doh.wa.gov/memory
www.memorylossinfowa.org



BRAIN HEALTH & DEMENTIA AWARENESS IN OUR COMMUNITIIES

As we age, many of us experience some memory loss. Sometimes that's typical, and sometimes it's a sign of a dementia or other health problems.

Dementia is not a disease itself – it is a set of symptoms caused by a variety of conditions that damage the brain. These changes result in decline in memory and thinking abilities that are severe enough to interfere with daily life.

CHOOSE TO MAKE CHANGE

One change I will make or action I will take:

When will I make this change:

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Potentially Modifiable Risk Factors

Potentially modifiable means things in your life you can choose to change. Changes to the way we live our lives can improve our brain health. Some changes will be harder to make than others; **any change in these areas can make a big difference.**

DEPRESSION

Low mood/loss of pleasure or interest in activities for long periods of time.

Find a counselor or support group and talk to your medical provider. Stay involved, even when you don't feel like it. Ask for help participating in enjoyable activities.

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DIABETES

A disease that occurs when your blood sugar is too high or too low.

Get tested for diabetes. Limit processed foods and sugars in the home. Keep healthy snacks available and easy to access.

EXCESS ALCOHOL USE

How much alcohol you drink.

Limit the number of drinks you consume. Keep less alcohol in the home. Plan social events without alcohol.

HEARING LOSS

Having trouble hearing due to a problem in your ears.

Get your hearing checked regularly. Ask people to speak up if you cannot hear them. Seek out state/community hearing aid resources.

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HIGH BLOOD PRESSURE

The force of your blood pushing against the walls of your blood vessels is too high.

Get your blood pressure checked regularly. Make healthier food choices at family gatherings. Ask your medical provider about medication.

PHYSICAL INACTIVITY

Not moving your body for long periods of time.

Move your body at least 15 minutes per day. Do chair exercises/chair yoga. Use a walker or cane for safer movement.

POOR DIET QUALITY

Not eating healthy foods.

Talk with your medical provider about your diet. Use single-serving containers for portion control. Buy and freeze seasonal fruits.

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POOR SLEEP QUALITY AND SLEEP DISORDERS

You are having a lot of trouble sleeping.

Consult a sleep professional. Set and keep a defined bedtime routine. Remove distractions from the sleeping area.

TOBACCO USE

Smoking cigarettes, cigars, pipes or using other tobacco products.

Find a stop-smoking program that could work for you. Talk with your medical provider about options. Ask for help limiting tobacco use.

TRAUMATIC BRAIN INJURY

Traumatic brain injury can happen when you get hit hard on the head.

Plan your space to avoid trip and fall hazards. Place items you use regularly on low shelves. Wear your seatbelt and/or helmet.

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