

# EVERGREEN HEALTH DODGING DEMENTIA

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Dementia is a group name for different types of dementia.

Dementia is the loss of cognitive functioning which interferes with a person's daily life and activities. Dementia affects memory, language, driving ability, self-care and behaviour.

Causes of Dementia include amyloid deposition on the brain. Cardiac and vascular chronic conditions increase the risk of Dementia.

## Prevention of Dementia includes supplements such as:

- Vitamin B12
- Vitamin D3
- Calcium
- Iron
- Hormone replacement therapy
- Testosterone replacement therapy

## Recommendations to keep Dementia at bay

- Eat food rich in Vitamin B12
- Drink up to 3 cups of filter coffee a day
- Enjoy red wine -up to 500 ml daily as the resveratrol it contains is beneficial
- Have two blocks of dark chocolate (70-80% cacao) daily
- Treat and manage your chronic conditions such as cardiac issues, diabetes and hypertension
- Stay active! -Do any exercise you can manage
- Keep your mind active with reading, Luminosity App, play scrabble, do crosswords or Sudoku, etc.
- Ensure brain elasticity and that you have new experiences, go to new places, meet new faces, taste interesting cuisine and vary your routine
- Social interaction and support are crucial

## What to do if you are concerned about your memory

- Have a mini-mental/MOCA assessment done by the local registered nurse in the village or GP to check your memory
- Mild cognitive impairment can be treated with cognitive enhancers. Speak to your doctor as you would need a prescription
- Always consult a pharmacist or other healthcare provider such as your professional nurse if you are concerned about your memory

