

預防腦退化症， 由您做起！

腦退化症的 症狀...

忘記最近的事
件、名字和臉孔

不確定日期或時間

發現很難使用
正確的詞或理
解別人的話

把東西放
在錯誤的
地方

情緒的變化，例如
變得悲傷或容易心
煩意亂，或對事物
失去興趣

在很短的時間
內經常問同樣
的問題

很難集中注意
力或做出簡單
的決定

在新的地方
迷路

我可能患有 腦退化症嗎？

什麼是腦退化症？

我們的大腦控制著我們所想、所感、所說和所做的一切。它們還為我們儲存了我們的記憶。有些疾病會阻止人的大腦正常工作。當一個人患有其中一種疾病時，他們可能會在記憶、思考和說話方面出現問題。他們可能會說或做別人覺得奇怪的事情，並且發現做日常事情更難。他們可能看起來不像以前的那個人了。醫生使用腦退化症這個詞來描述這些不同的問題。

4 個腦退化症的事實

它不僅僅只是
失去記憶力

它很少是
家族遺傳

它並非衰老不可
避免的一部分

研究正在取得
真正的進展

英國約 85 萬人口患腦退化症

(Gov.uk 22/2/2022)

65 歲以上的人更容易患腦退化症，但它也會影響年輕人。目前還沒有治癒的方法，但已有些藥物可以幫助一段時間，讓日常生活更輕鬆一些。華人身心健康常青俱樂部提供一系列團體活動，幫助人們改善症狀。



在 65 歲及以上的人中，
每 14 人中就有 1 人患有腦退化症



2051 年 上升到 22,172 華人

2026 年 估計將有 18,215 名處於這年
齡的華人患有腦退化症

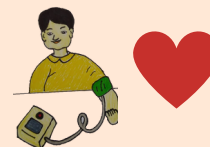
這是估計的數據，不幸的是很少有人前來診斷。

保持大腦健康，
您可以降低患上腦
退化症的風險。

如何保持腦健康？

1

愛護您的心臟



- ✓ 血壓
- ✓ 戒烟
- ✓ 體能活動
- ✓ 均衡飲食
- ✓ 適量地飲酒

2

保持敏銳



- ✓ 玩拼字遊戲、插卡或實果遊戲
- ✓ 閱讀
- ✓ 藝術
- ✓ 學習新技能
- ✓ 打麻將

3

保持聯繫



- ✓ 加入俱樂部來保持精神活躍
- ✓ 常與周圍的人聯絡交流
- ✓ 幫助您的家人完成簡單的任務
- ✓ 定期和親友聚會
- ✓ 常開懷大笑 😊

了解更多信息

電話
0151 709 2643

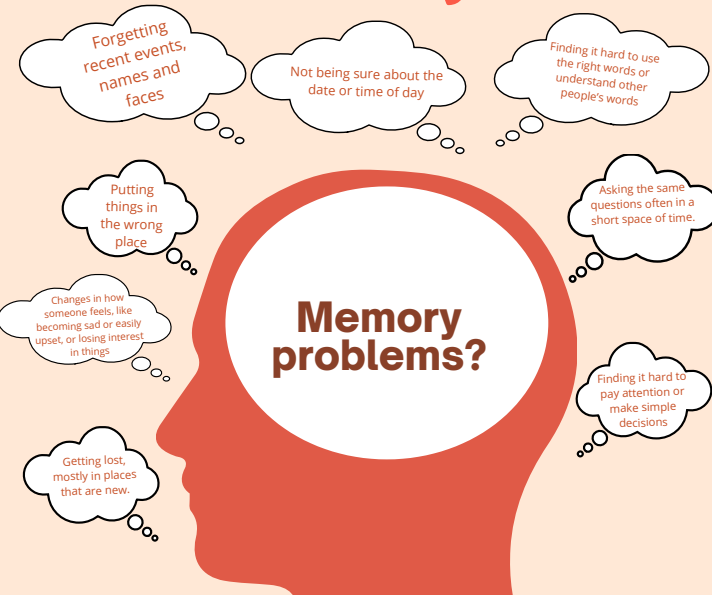
網頁
<https://www.chinesewellbeing.co.uk/>

郵箱
info@chinesewellbeing.co.uk

如果您擔心可能出現類似症狀，請
您約見家庭醫生查詢，或者聯繫華
人身心健康查詢我們可提供的支
持。欲了解更多信息請瀏覽：
<https://www.alzheimersresearchuk.org>

Reduce your risk of Dementia

SYMPTOMS OF DEMENTIA...



What is dementia?

Our brains control everything we think, feel, say and do. They also store our memories for us. There are diseases that stop a person's brain from working properly. When a person has one of these diseases, they may have problems remembering, thinking and speaking. They might say or do things that seem strange to others, and find it harder to do everyday things. They may not seem like the person they used to be. Doctors use the word dementia to describe these different problems.

4

Things you need to know about Dementia

Dementia is more than memory loss

Dementia is rarely passed down in families

Dementia is not a normal part of ageing

Research is making real progress

Dementia affects about 850,000 people in the UK.

(Gov.uk 22/2/2022)

People over 65 are much more likely to get dementia, but it can affect younger people too. At the moment there is no cure for dementia. There are some medicines that can help for a while, by making day-to-day life a little easier. Chinese Wellbeing Evergreen Club provides a range of group activities which can help people to live better with their symptoms.



1 in 14 people aged 65 and over have dementia.



By 2051 this figure rises to 22,172 Chinese people.

By 2026 an estimated 18,215 Chinese in this age will have dementia

This is estimated data, unfortunately very few people come forward for the diagnosis.



By keeping a healthy brain you can reduce your chance of getting dementia.

How to Keep your Brain healthy ?

1

LOVE YOUR HEART



- ✓ Blood pressure
- ✓ Quit smoking
- ✓ Physical activity
- ✓ Balanced diet
- ✓ Drink responsibly

2

STAYING SHARP



- ✓ Play Scrabble, cards or bingo, do puzzles
- ✓ Reading
- ✓ Art & crafts
- ✓ Learn new Skills
- ✓ Playing Mahjong

3

KEEP CONNECTED



- ✓ Joining clubs and be socially active
- ✓ Connect with people around you
- ✓ Help your family with simple tasks
- ✓ Regular gatherings with family and friends
- ✓ Laugh out loud 😄

For more information and Support

Phone
0151 709 2643

Website
<https://www.chinesewellbeing.co.uk/>

Email
info@chinesewellbeing.co.uk

If you are concerned about possible symptoms, please make an appointment with your GP. Alternatively, contact Chinese Wellbeing for information on the support we offer. For more information : <https://www.alzheimersresearchuk.org>