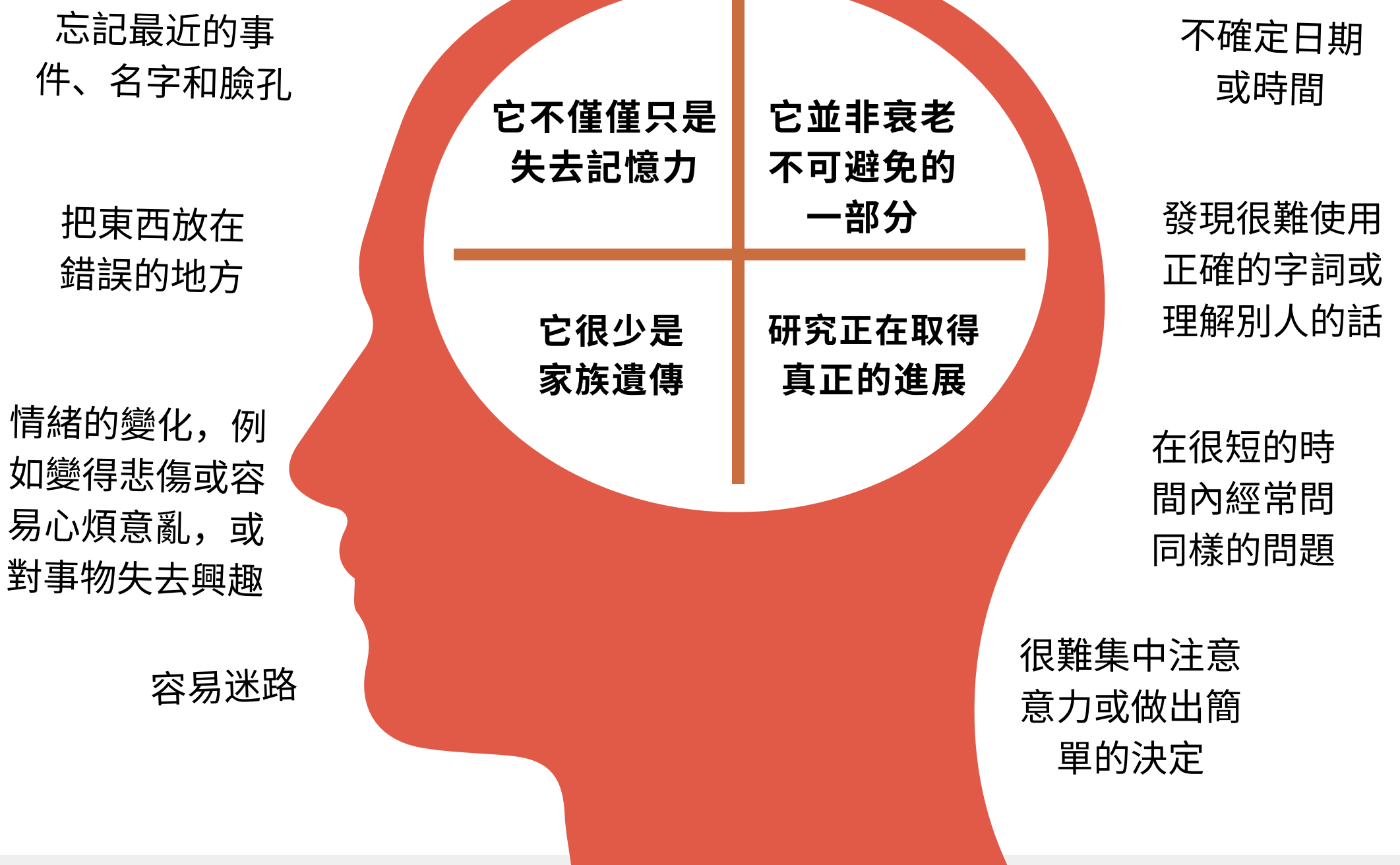


# 預防腦退化症，由您做起！

## 常見症狀...

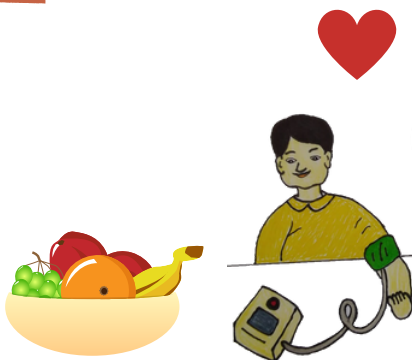


## 如何保持腦健康？

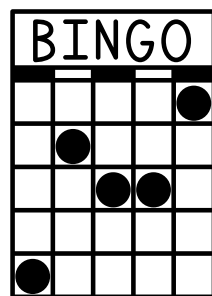


## 3 個簡單步驟

### 1 愛護您的心臟



### 2 保持敏銳



### 3 保持聯繫



# Dementia prevention begins with you!

## COMMON SYMPTOMS...

Forgetting recent events, names and faces

Putting things in the wrong place

Changes in how someone feels, like becoming sad or easily upset, or losing interest in things

Getting lost, mostly in places that are new.

**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.**

Not being sure about the date or time of day

Finding it hard to use the right words or understand other people's words

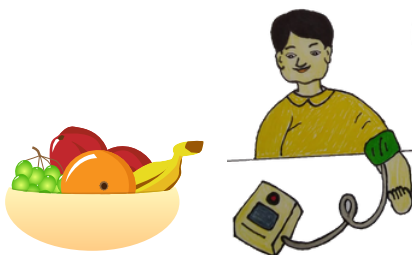
Asking the same questions often in a short space of time.

Finding it hard to pay attention or make simple decisions

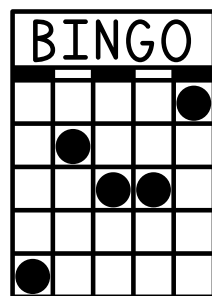
## How to keep your brain healthy?

## 3 THREE SIMPLE STEPS

### 1 LOVE YOUR HEART



### 2 STAY SHARP



### 3 KEEP CONNECTED

