預防腦退化症, 由您做起!



忘記最近的事 件、名字和臉孔

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

容易迷路

常見症狀...

它不僅僅只是 失去記憶力

它並非衰老 不可避免的 一部分

它很少是 家族遺傳 研究正在取得 真正的進展

不確定日期 或時間

發現很難使用 正確的字詞或 理解別人的話

在很短的時 間內經常問 同樣的問題

很難集中注意 意力或做出簡 單的決定

如何保持 腦健康?



3個簡單步驟



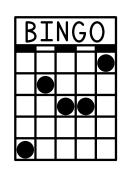
愛護您的心臟



保持敏銳













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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:

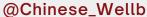
https://www.alzheimersresearchuk. org





www.chinesewellbeing.co.uk











Dementia prevention begins with you!



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. COMMON SYMPTOMS...

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?

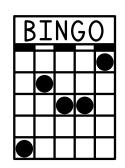


3 THREE SIMPLE STEPS

















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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



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www.chinesewellbeing.co.uk







