

# The Dementia Society of Ottawa and Renfrew County

The Dementia Society Centre  
500-2327 St. Laurent Boulevard  
Ottawa, ON K1G 4J8

Call: (613) 523-4004  
Toll Free: (888) 411-2067  
eMail: [info@dsorc.org](mailto:info@dsorc.org)

[DementiaHelp.ca](http://DementiaHelp.ca) (bilingual website)

Charitable Registration Number:  
11878 5013 RR0001





# Mind Your **BRAIN** Health



The  
**Dementia  
Society**  
Ottawa and Renfrew County



La  
**Société de la  
démence**  
Ottawa et comté de Renfrew



Speaker

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## Disclosure

Informational and educational purposes only.

This presentation is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other local qualified health provider.

Funded by Public Health Agency of Canada through the Stronger Together Project

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**Dementia  
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# Our Dementia Learning Hub



<https://DementiaHelp.ca/dementia-learning-hub/>





# Why talk about **BRAIN HEALTH** today?

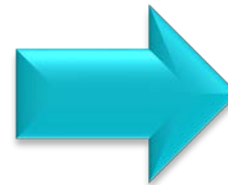
- The brain does important and complex work
- Need to care for our brain as well as body
- Evidence we can do things for the health of our brain





# Modifiable risk factors for Dementia

Early life (<45 years)	Midlife (age 45–65 years)	Later life (age >65 years)
Less Education	Hearing loss Traumatic Brain Injury Hypertension Alcohol Obesity LDL cholesterol	Smoking Depression Social isolation Physical inactivity Diabetes Air pollution Vision loss



**14**  
**Modifiable  
risk factors**  
might prevent or  
delay up to  
45.3% of  
dementias



# 14 Dementia Risk Factors

## Mid Life Risk Factors



**Hearing Loss:** Avoid loud noise, wear hearing protection or hearing aids to balance hearing loss.



**Traumatic Brain Injury:** Protect your head, especially when doing contact sports.



**Alcohol:** Try non-alcoholic beverage options.



**Hypertension, Obesity and Diabetes:** Monitor your numbers and see a medical specialist regularly for help or treatment.

## Later Life Risk Factors



**Depression:** Practice self-care and seek treatment early.



**Smoking:** Refrain from all kinds of smoking, including second-hand.



**Social Isolation:** Socialize regularly with others in-person, by phone or virtually.



**Physical Inactivity:** Get 2.5 hours of moderate to vigorous activity a week. Make it manageable in 10- minute sessions!



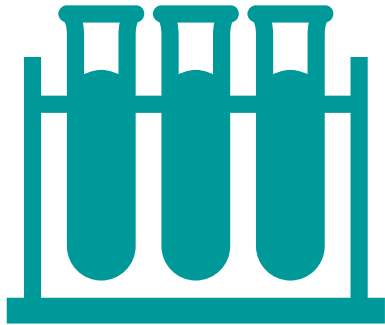
**Air Pollution:** Reduce exposure to poor air, wear a mask when needed.



**Sleep:** Adults need 7-9 hours of quality sleep. Seek medical treatment if you are not feeling rested in the morning.

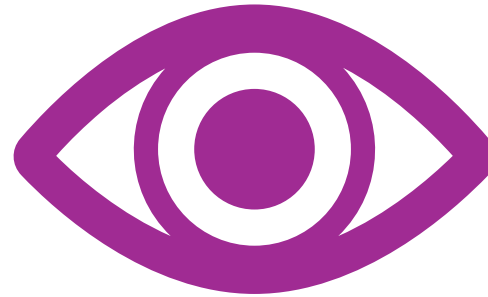
### Mid Life Risk Factors

High LDL cholesterol



### Later Life Risk Factors

Low Vision



New risk factors for dementia identified by the Lancet Commission



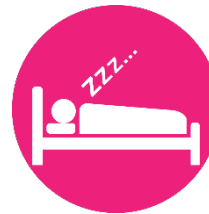
# Today ...



- Brain healthy choices
- Aging brain
- Dementia



# Brain healthy choices



1. Care for your heart

2. Be active

3. Eat healthy

4. Be social

5. Challenge your brain

6. Protect your head

7. Sleep well

8. Care for your mental health



# Care for your heart



- Have regular health checks
- Know your numbers - blood pressure, cholesterol, blood sugar, weight
- Quit smoking
- Limit alcohol





## Be active



- Aim for 30 minutes most days
- Move more, sit less
- Move to your ability
- Talk to your doctor if new to exercise or new program





# Eat healthy



Follow  
Canada's  
Food Guide

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods



## Be social



- Connect with others
- Join a club, walking group, choir
- Catch up with family and friends, call a neighbor
- Work or volunteer in your community

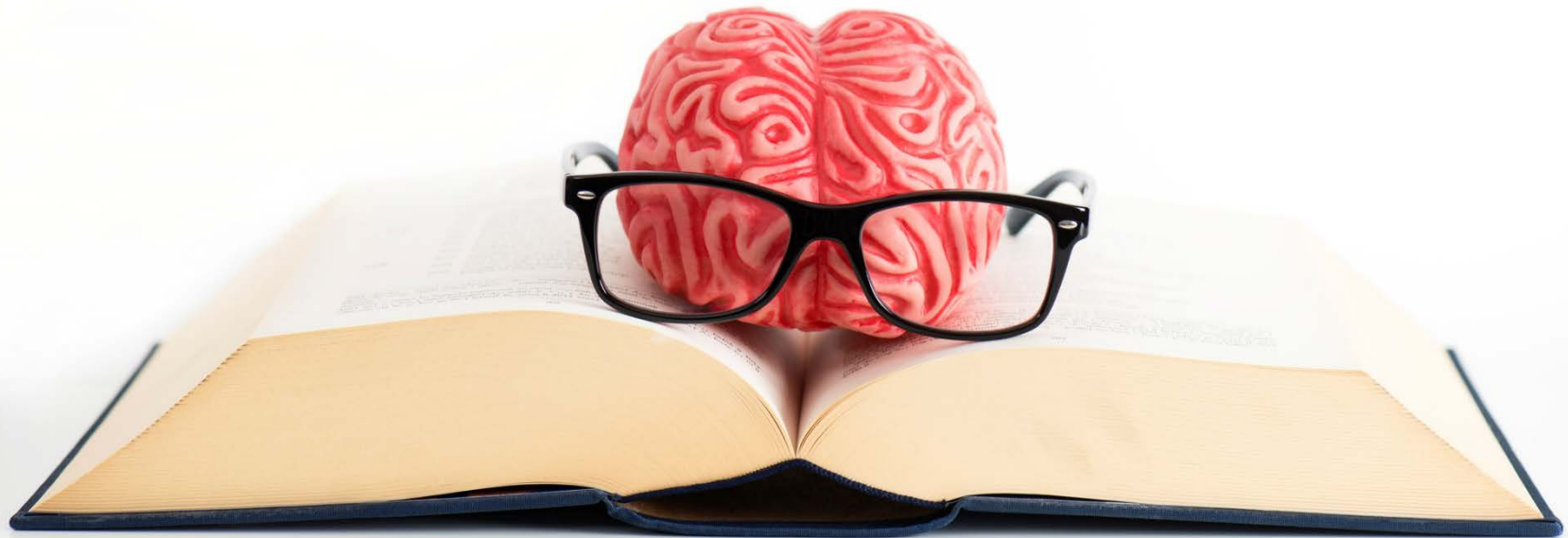




# Challenge your brain



- Expose your brain to new things
- Do more than one type of activity





# Protect your head



- Wear a helmet in sporting activities
- Wear a seatbelt
- Reduce your risk of falling

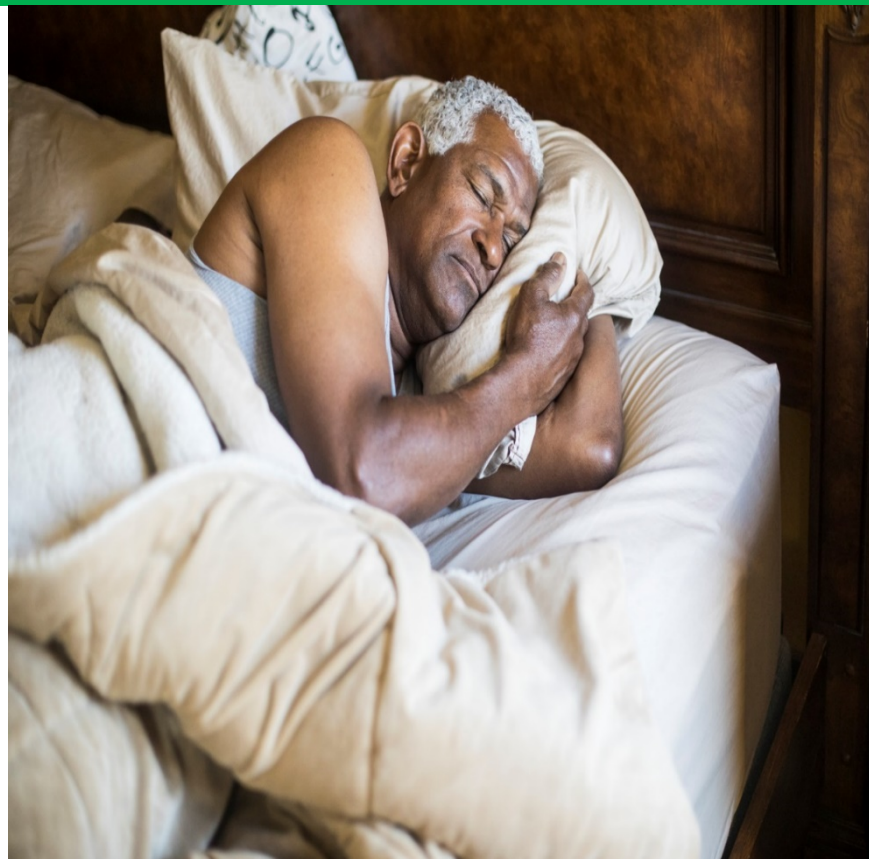




# Sleep well



- Get 7-8 hours of sleep in a 24 hour period
- Have a regular sleep routine
- Try relaxation techniques
- Do regular exercise
- Expose yourself to light during the day





# Care for your mental health



- Talk about your mental health
- Build resilience
- Practice all the other brain healthy choices

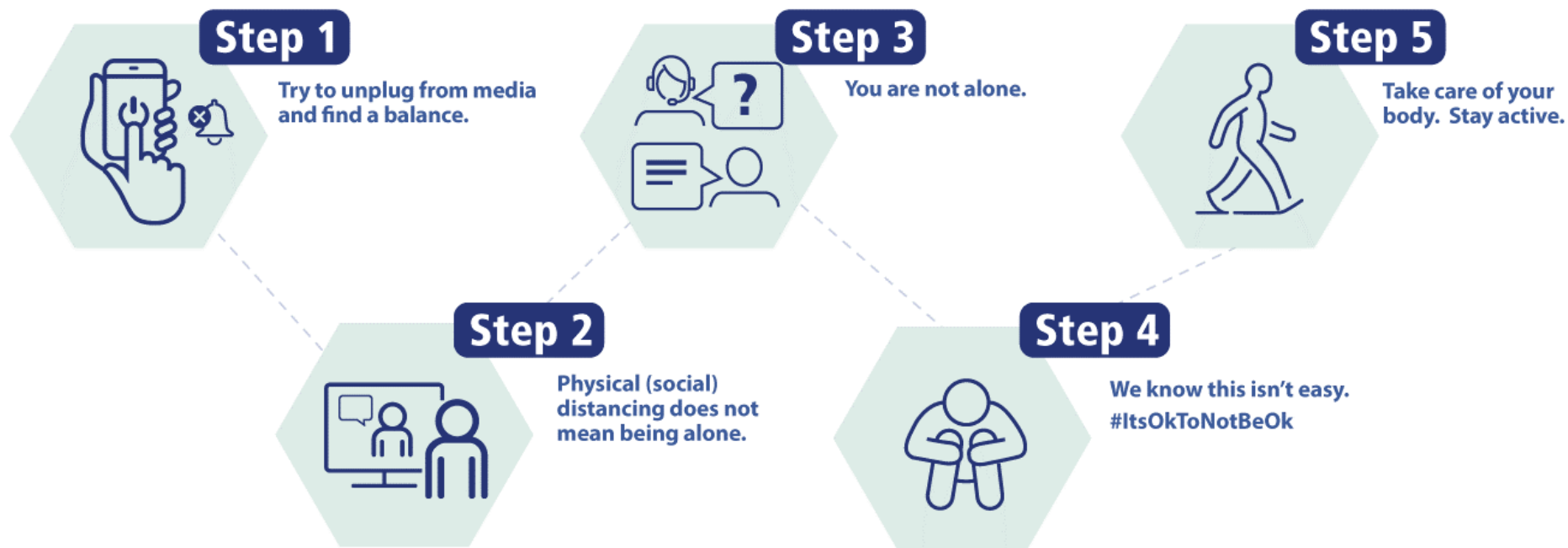




# Care for your mental health



## Take Care of Your Mental Health, too!



Source:

<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx>



# What can I do?

**Brain-healthy choices make a difference!**



# 8 Ways to be Brain Healthy

The  
Dementia  
Society



La  
Société de la  
démence

40  
40 Years of  
Compassion  
40 ans de  
compassion

## Care for your heart

Track your numbers and keep them in the recommended ranges: Track your blood pressure, cholesterol, blood sugar, and weight.



## Be physically active

Aim for 30 minutes of activity most days.



## Eat Healthy

Follow Canada's Food Guide: plenty of vegetables and fruits, limit highly processed foods and make water your drink of choice.



## Be Social



## Challenge your brain

Expose your brain to new things. Do more than one type of activity.



## Protect your head



## Sleep Well

Get 7-8 hours of sleep in a 24 hour period. Have a regular sleep routine. Try relaxation techniques.



## Care for your mental health

Talk about your mental health. Build resilience. Practice all the other brain healthy choices.



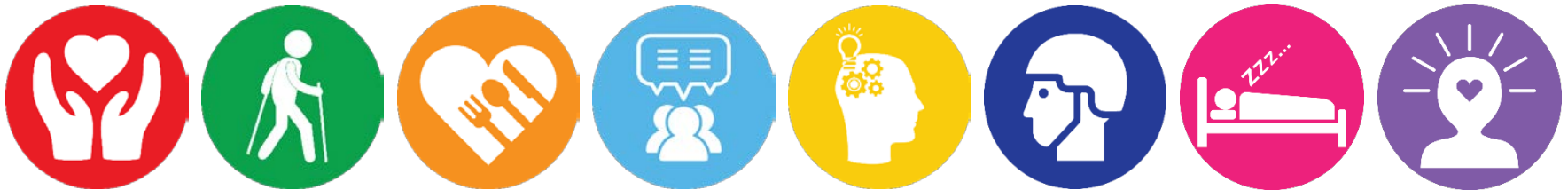
For more information or even if you're just concerned, contact:  
(613) 523-4004 or 1 (888) 411-2067 | [DementiaHelp.ca](https://dementiahelp.ca)



# Where do I start?

## Action Plan

- **STEP 1** : Pick a healthy choice to work on



- **STEP 2**: Make a goal and plan

- Be realistic & specific
- Start small



# Our aging brain ...

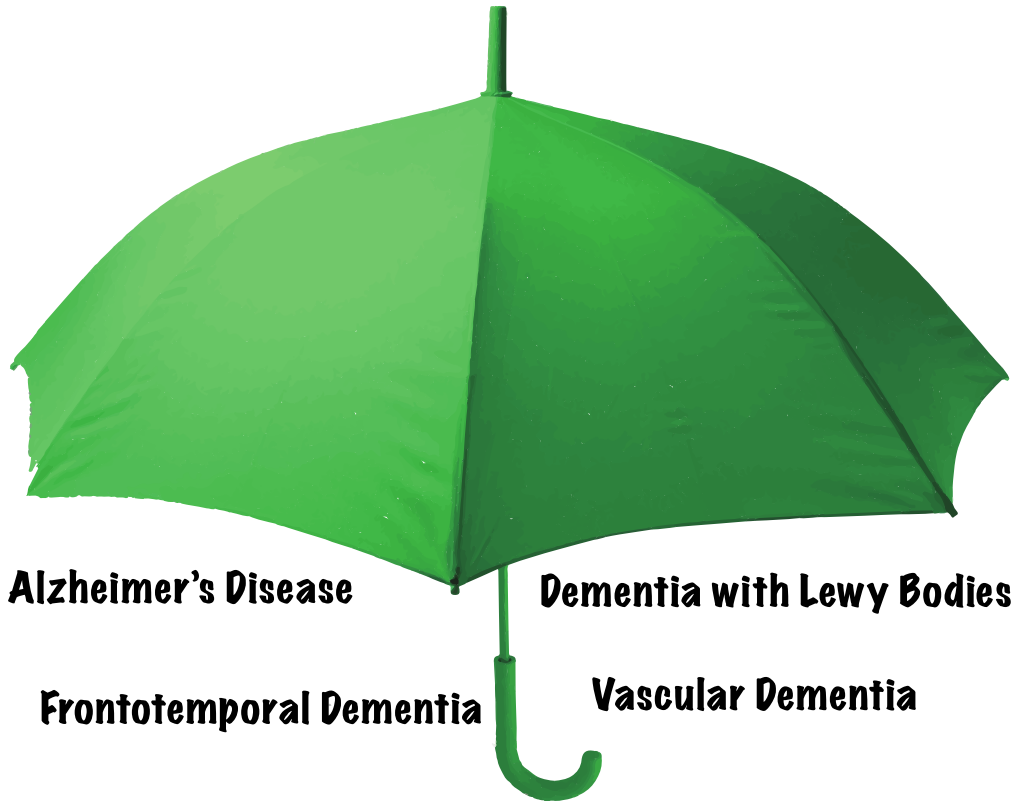


- Ages like the rest of our body
- Life experience = wisdom
- Can learn and adapt to new things at any age
- Some changes in memory, concentration and thinking speed normal



# What is DEMENTIA?

## Dementia



**Alzheimer's Disease**

**Dementia with Lewy Bodies**

**Frontotemporal Dementia**

**Vascular Dementia**

**Parkinson's Disease Dementia**

**Mixed Dementia**

- Not “one size fits all”
- Symptoms can differ
- Like a chronic disease



# Dementia can affect:

- Memory
- Learning
- Orientation
- Thinking
- Speaking and listening
- Understanding
- Judgment





# Dementia is not normal aging



# 10 Warning Signs: Could this be dementia?



Memory loss  
that affects  
day-to-day  
activities



Challenges with  
performing  
familiar tasks



Confusion  
about time  
and space



Challenges  
with language



Challenges  
with abstract  
thinking



Misplacing  
items



Changes  
in mood or  
behaviour



Changes in  
judgment



Loss of  
initiative



Changes to  
personality

For more information or even if you're just concerned, contact:  
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**Talk to your doctor about  
any changes in thinking,  
memory or behaviour**





# Concerns about changes in thinking, memory or behaviour?

Reach out to the Dementia Society.  
They are there to help!

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**info@dsorc.org**



# Summary

- Brain-healthy choices make a difference – make a plan
- The brain ages like the rest of the body
- Dementia is not a normal part of aging
- See your doctor for changes in memory, thinking, or behaviour





# Community Support

**Donate  
today!**



The Dementia Society is only partially-funded by Ontario Health to provide core education and support services. With community support we offer free social and recreational programs and education outreach.

Individual and corporate contributions, and volunteer time and expertise allow us to offer our programs and services at no cost.

So that here, no one faces dementia alone.

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