

Keeping Dementia at Bay?

Some people have dementia for reasons you can't avoid, but for the rest of us here are ten top tips to help keep dementia at bay

1

Vitamins can help! Studies show that folates, vitamin E and vitamin B6 reduce risk of Alzheimer's, the commonest kind of dementia. The skins of red apples which have a lot of antioxidants are also good for you



2

Fish oils, the famous omega fatty acids, found in coldwater fish, dramatically slowed down the progress of Alzheimer's in some studies in mice. This isn't conclusive, but it can't hurt ... and we were always told that fish is brain food!



3

Green tea may help. It inhibits the activity of enzymes associated with the development of protein deposits in the brain. Black tea helps, but green tea seems to work for longer



4

Drinking wine may reduce the risk of dementia. Wine drinkers may eat better than other drinkers, so more work is needed, but a regular glass of wine has benefits as far as we know



5

Avoiding getting drunk is really important. The number of young people with dementia caused by heavy drinking in Scotland is increasing. Don't destroy your brain. You're going to need it until you die



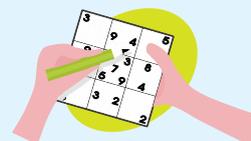
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Physical activity can reduce the chance of developing dementia – and it's never too late to benefit, so get into that swimming pool, or get your coat on and take a walk now. A healthy body can help you keep a healthy mind



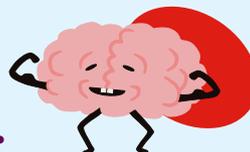
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A rich and stimulating environment is important. Do things that challenge your mind, whether it's Sudoku or discussing politics with your mates. In mice it seems that the increased blood flow to the brain from puzzles develops more function. Whatever the reason, don't let your brain vegetate. It needs to work out just like your body.



8

Be a big head! People with larger brains or who took more education are protected against dementia. Big heads often have bigger brains in them, but even if your hat size is small, you can develop on the inside. The important thing is to have some spare capacity if part of your brain starts to fade



9

Dance! Ballroom dancing, when you need to remember steps, respond to music and relate to a partner, is very good for postponing dementia



10

Don't worry about it. Many people dread dementia. Care for people with dementia has improved radically. If you're eating good things with a glass of wine and dancing to music, at the very least you're enjoying life to the full now. So if you get dementia you'll continue to do that, because you've had lots of practice.

