



Public Health
England

NHS



**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Dementia
EasyRead Version



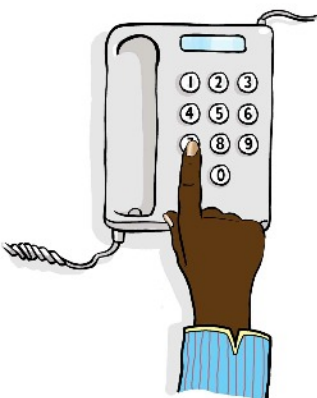
Why have I got this leaflet?

Dementia is a serious illness that affects the brain. It can make people forgetful and confused.



This leaflet tells you about:

- the signs of dementia
- what you can do to lessen your chances of getting dementia, like eating well and keeping fit
- the link between dementia and other illnesses
- where you can get more information.





This leaflet is an easy read version of a longer leaflet about dementia.



You may like to have someone to support you when you look at this leaflet.



What is dementia?

Dementia is an illness that affects the brain. It can make people forgetful and confused.



There are different kinds of dementia. The most common type of dementia is called Alzheimer's disease. There are also other types, like vascular dementia.



Some people can have both Alzheimer's and vascular dementia at the same time.



Doctors have found that things that increase the chance of getting heart disease, stroke, diabetes and kidney disease may also make you more at risk of getting certain types of dementia.

What are the signs of dementia?



The signs of dementia are different for different people. The most common signs of dementia are:

- forgetting things



- finding it hard to plan or do things that you used to be able to do



- not feeling sure of things, even when you are somewhere you know



- being moody or depressed.



These signs can also be the signs of other illnesses or of getting older.



If you have any of these signs, see your doctor.



Your doctor may send you to a memory clinic to see if you have dementia.



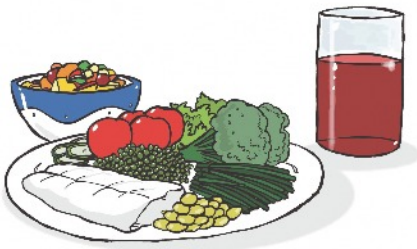
How can I lower my chance of getting dementia?

There are lots of things you can do to lower your chance of getting dementia.



Stay a healthy weight

Most of us are eating too much and not being active enough. The result is often weight gain.



Try to stay active and eat a healthy diet.



Keep fit and active

Regularly doing something active that you enjoy, like walking or gardening, will help you stay fit and well.

Have an NHS Health Check



An NHS Health Check can help spot problems before you can tell that something is wrong, for example, having high blood pressure or high cholesterol.

Don't drink too much alcohol

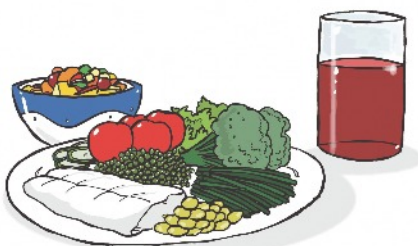


If you drink alcohol, try not to drink too much. No more than 2 or 3 units a day for women or 3 or 4 units a day for men.

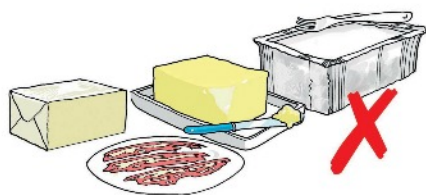


If you have had too much alcohol you should give your body a rest and not drink alcohol for 2 days.

Eat a healthy diet



Try to eat lots of fruit, vegetables, starchy food and fish.



Try not to eat too many foods or drink too many drinks that are high in salt, fat and sugars.



This may help to keep your blood pressure low and help you to stay a healthy weight.

Stop smoking

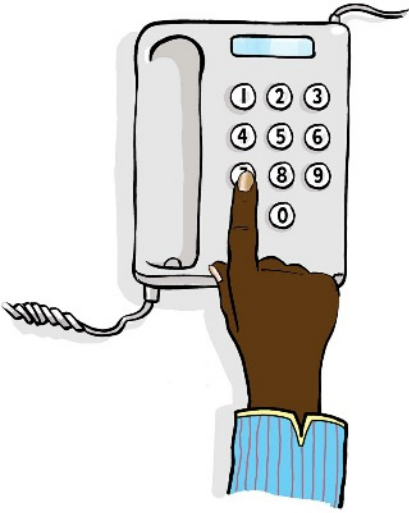


If you smoke the best thing you can do is stop. Search for **Smokefree** online or speak to your doctor or pharmacist for more support.



Doing these things will also help keep you well and avoid lots of other health problems.

Where can I get more information?

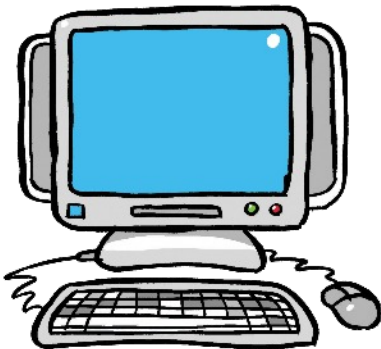


If you want to find out more about dementia, contact:

The Alzheimer's Society telephone helpline
0300 222 11 22

The phone line is open 9am to 5pm
Monday to Friday and 10am to 4pm
Saturday and Sunday.

Or you can email them.



For general information:
info@alzheimers.org.uk

For the helpline:
helpline@alzheimers.org.uk



Or you can go to the website:
www.alzheimers.org.uk

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