

The Baycrest logo is a white rectangular box with the word "Baycrest" in a blue, sans-serif font.The logo features the word "DEFY" in large, bold, orange letters and "DEMENTIA" in smaller, bold, white letters below it. The text is centered over a stylized brain graphic. The background is dark blue with a network of light blue lines and circles of varying sizes.

defydementia.org

RESOLUTIONS TO REDUCE YOUR DEMENTIA RISK IN 2024

Episode 1: Lightening the Load with Vision and Hearing

1. Hearing and vision changes are part of the normal aging process, BUT it's important to do something about these changes by getting glasses or hearing aids. Physical, social, and mental engagement all depend on your sensory abilities and will be easier with the right supports.
2. Sensory loss increases cognitive load - more effort is required to hear or see something, which makes it harder to do other things, like remember what you just heard or saw.
3. It's never too late (or too early!) to take action to prevent or correct age-related sensory loss.

Resolution #1: Lighten your cognitive load by taking care of your vision and hearing.

Episode 2: Live to Be Social, Be Social to Live

1. Loneliness is the feeling of being alone. You can experience loneliness no matter how many people you know. You can be in a room full of people and still feel lonely. Social isolation is a lack of connections with other people. Loneliness and social isolation are different but closely related.
2. Loneliness and lack of social contact diminish the brain and increase your dementia risk.
3. Social interactions can slow or even reverse these brain changes, so take action now if you are experiencing loneliness or social isolation. You can gradually, and with time, work your way up to being more open, meeting new people, and going to new places.

Resolution #2: Get social by taking part in group activities or volunteering in your community.

Episode 3: Live with Joy, Learn with Purpose

1. Cognitive engagement is any activity that's mentally stimulating and engages your brain, like music lessons, learning languages, or joining a book club. The result is a healthier brain and a decreased risk of dementia.
2. Cognitive engagement is a workout for your brain. It boosts blood flow, creates new brain cells, and builds better brain connections.
3. Choose activities that challenge your brain and bring you joy. Different activities exercise different parts of your brain, so aim for a whole-brain workout.

Resolution #3: Boost your brain by learning something new like a language or hobby.

Episode 4: Let's Get Physical – Boost Your Brain Health

1. Exercising early or late in life can reduce your dementia risk. For those living with mild cognitive impairment, it can reverse negative brain changes, and for those living with dementia it can slow disease progression.
2. It can be difficult to start exercising, but the good news is that any movement is better than no movement at all. For example, if you're sitting for long periods of time, try to stand up for a 2-minute movement break twice an hour.
3. Do something that brings you joy, like walking, dancing, or sports. Do it regularly - schedule it in your calendar or work out with a partner.

Resolution #4: Introduce or add physical activity to your day. Move with purpose and passion, doing something that brings you joy.

Episode 5: Boost Your Brain One Bite at a Time

1. Eating brain-health foods can decrease your brain age by seven and a half years, boost your immune system, decrease inflammation and cell damage, and decrease your dementia risk.
2. Try to avoid plates with lots of beige fried foods and starches. When you go to the grocery store, head to the produce section first. Dark green leafy vegetables, colourful fruits, whole grains, nuts, beans and legumes contain quality vitamins and minerals to improve your brain function.
3. No matter your culture, budget or where you live, you can make tasty, brain-healthy food choices.

Resolution #5: Take small steps to eat a brain-healthier diet.