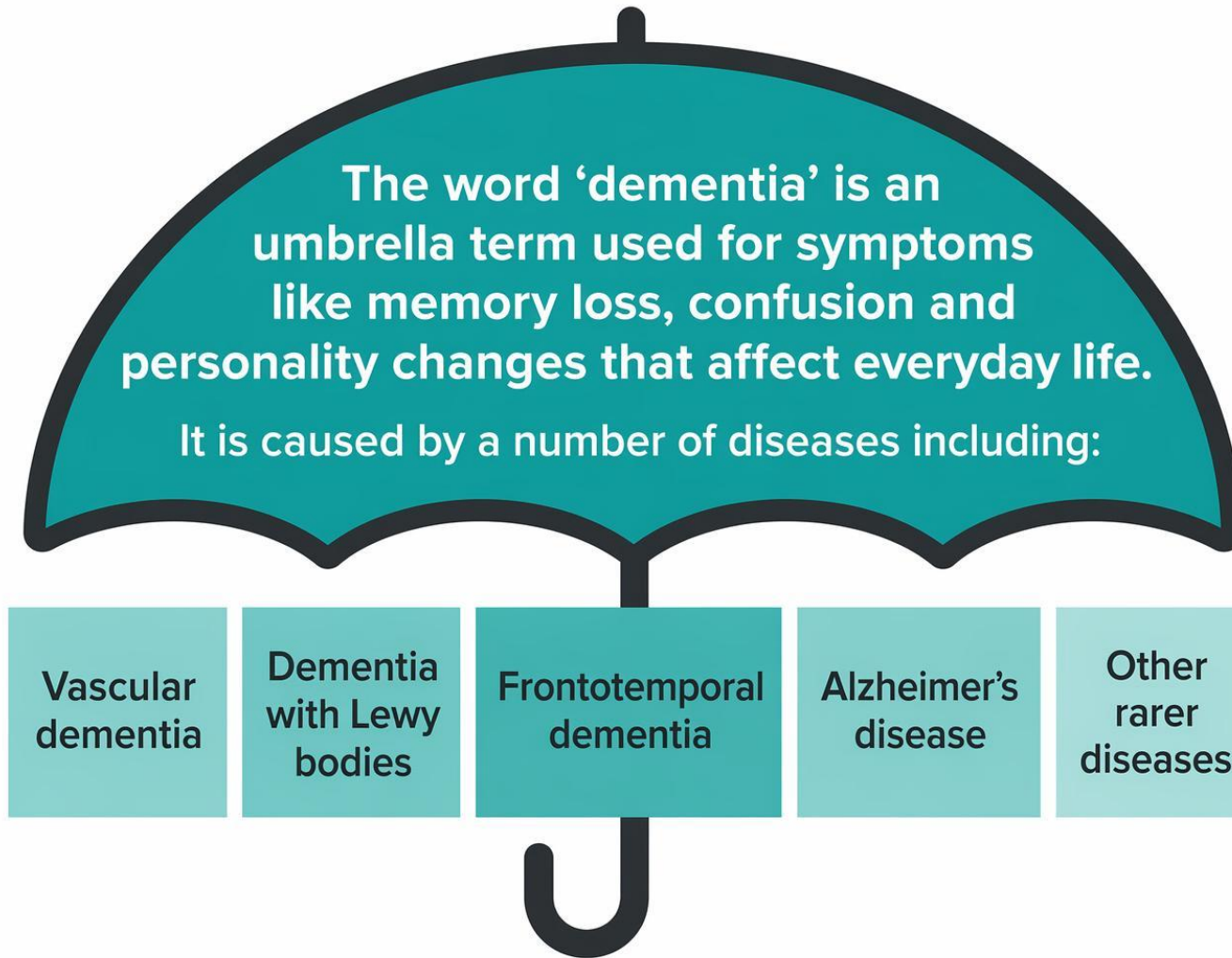


# Let's Talk

Is it Memory Loss or Dementia and  
How Can We Reduce The Risk?

# Understanding dementia

# What is Dementia?



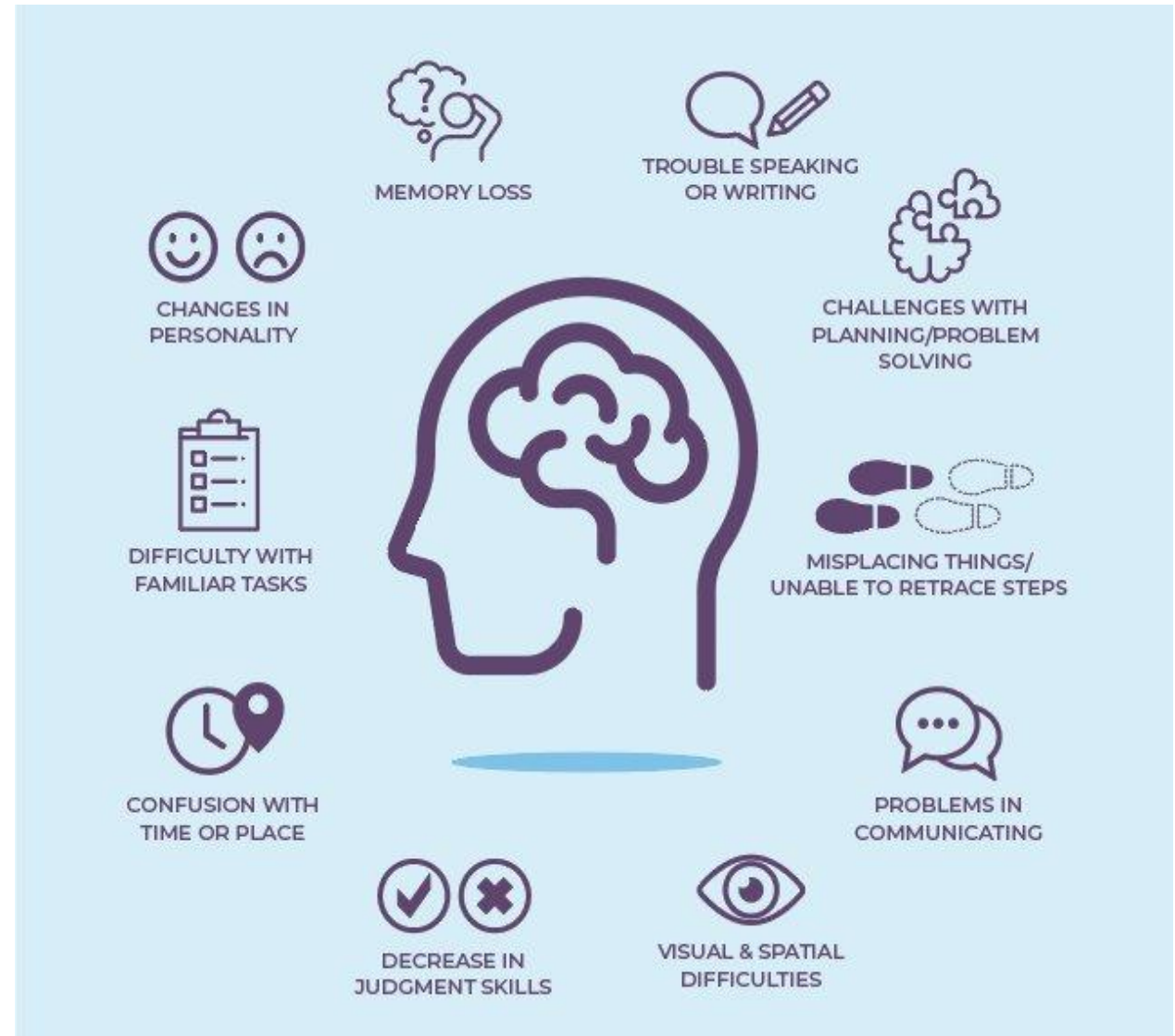
Dementia is not an  
inevitable part of aging

*"What did I come in here for?"*



# What are the early signs of Dementia?

The Alzheimer's Society offers helpful guidance on how to [recognise the common early signs of dementia.](#)



# Worried about yourself or someone close to you?

- If you're worried about memory loss, either your own or someone close to you, it's important to seek advice. Speaking to a GP is the first step.
- Getting a diagnosis early can:
  - ✓ Help you understand what's happening
  - ✓ Provide access to treatment, support, and planning
  - ✓ Improve quality of life for longer

# Support and living well with dementia

- Staying connected and active can make a big difference to wellbeing.
- Across Islington, there are dementia-friendly activities designed to bring people together in a safe, welcoming environment. These include group walks in local parks, singing sessions and music activities, poetry and creative groups, and more.

## Dementia-friendly Islington activities

If you are worried speak to your GP

If you want to know more about Dementia  
visit Alzheimer's Society website

If you want to know more about what is  
available in Islington visit the Age UK  
Islington Website

How can I lower my risk of dementia?

What's good for  
the heart is good  
for the brain!



Keep active - 10 minutes of exercise a day can make a difference!

**Take the stairs not the lift.**

**Walk the dog a little further.**

**Get off the bus a stop early.**

**Try some chair yoga!**

**Gardening and housework are exercise too!**

Check out the Islington website for activities to keep you active!

[Physical Activity in Islington](#)



# Eat well and maintain a healthy weight



Unhealthy eating and being overweight can affect the blood supply to your brain. This can affect your thinking.

Aim to eat less sugar, salt, and processed foods, and eat more oily fish, fruits, and vegetables to support brain health.

[More Life UK](#) offer a 12-week programme that can help with weight loss and improving health and wellbeing.

# Limit alcohol



There are no safe levels for drinking alcohol. Drinking alcohol can harm your brain.

Take a look at the Islington website for free, confidential support to anyone in Islington who would like to make changes to their alcohol or drug use.

[Treatment services for drugs and alcohol | Islington Council](#)

# Quit smoking – it's never too late!

Smoking nearly doubles your risk of dementia.

Smoking is very harmful to the heart, lungs, and circulation of your blood. This can affect the blood vessels in the brain. By giving up smoking you can reduce the risk of dementia.

[Breathe service](#) can support you to stop smoking through face-to-face, phone or online support.



# Connect with people around you

Socialise! Learn new skills!  
Play games or join a club!

Keeping your mind engaged  
helps protect your brain.

Check out activities  
available in the borough  
through [Age UK Islington](#)  
and [Islington Carers Hub](#).



# Get your hearing checked!

Sometimes hearing loss can make it harder to stay connected.

If you're affected by this, speak to your GP.



# Any questions?

