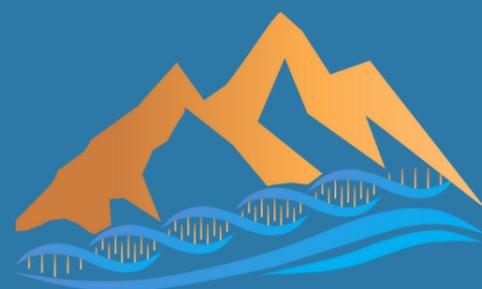




PREVENTING ALZHEIMER'S DISEASE





“Lifestyle can prevent cognitive decline”: this is the result of the **first trial in the world (FINGER STUDY)** to demonstrate that multidomain lifestyle interventions can improve brain health and prevent cognitive decline.



The FINGER study is led by Prof. Miia Kivipelto. It is based on five major interventions.

Mental stimulation



Cardiovascular check-ups

Physical activities

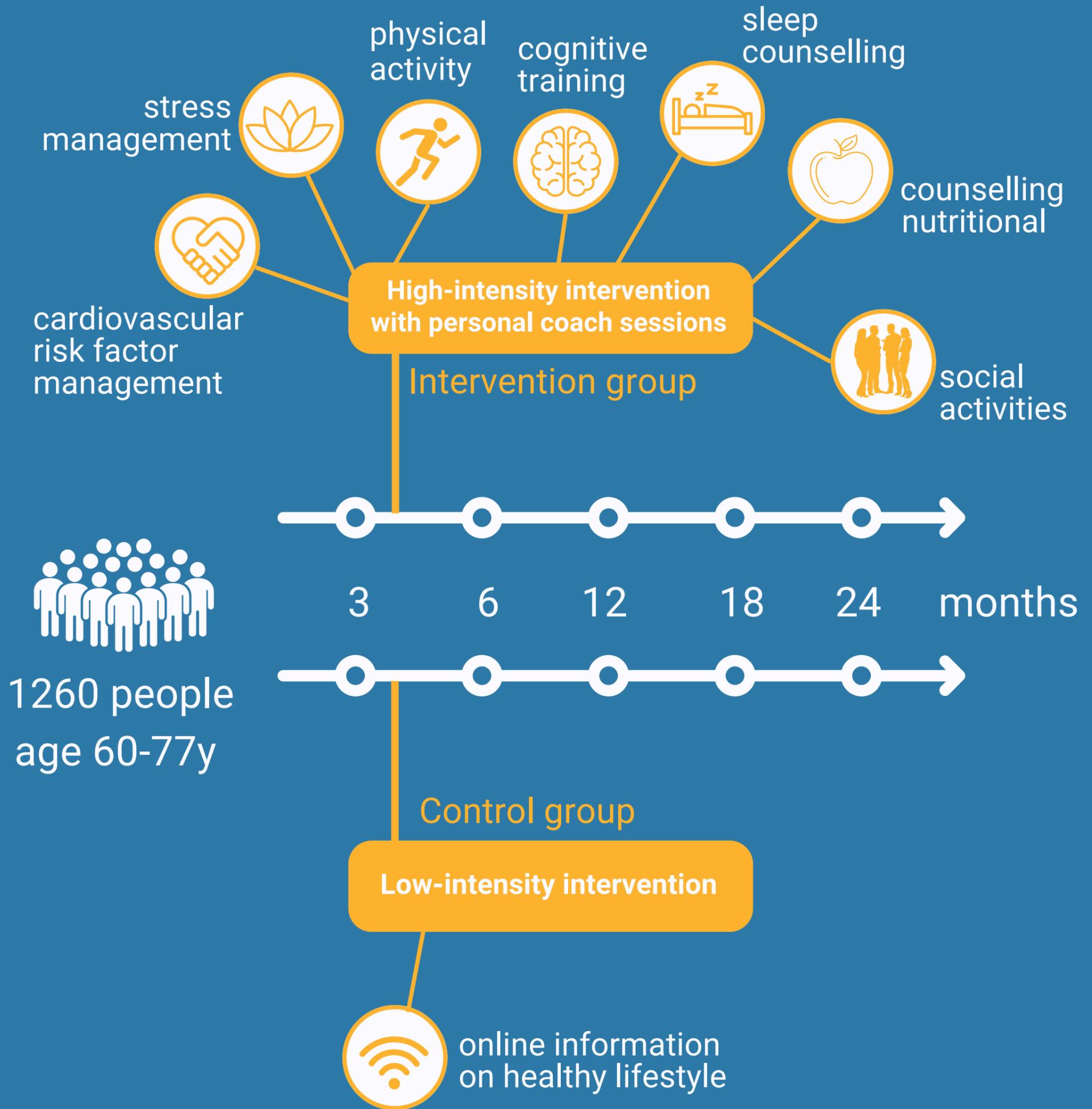


Nutrition



Social activities

The FINGER study design





The results of the FINGER study
were first published in THE LANCET
journal in 2015.

+25% Overall cognition

Complex memory tasks **+40%**

+80% Executive function

Processing speed **+150%**

PREVENTIVE ACTIONS



Engage in Regular Physical Activity: at least 150 minutes of moderate exercise each week, such as walking, swimming, or cycling, to promote cardiovascular health.



Maintain a Healthy Diet: balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Follow the Mediterranean diet.

PREVENTIVE ACTIONS



Stay Mentally Active: Engage in activities that challenge the brain (puzzles, reading, learning new skills, or playing instruments).



Get Enough Sleep: 7-9 hours of quality sleep per night, as sleep is crucial for cognitive function and memory consolidation.

PREVENTIVE ACTIONS



Manage Cardiovascular Health:

Control blood pressure, cholesterol levels, and blood sugar through regular check-ups and medication if necessary.



Stay Socially Connected:

Maintaining strong social relationships and engaging in social activities reduce stress and promote mental health.

PREVENTIVE ACTIONS



Manage Stress: Practice stress-reducing techniques (mindfulness, meditation, yoga, or deep-breathing exercises) to enhance overall well-being.



Regular Health Screenings: Schedule regular check-ups to monitor and manage health conditions that could affect brain health.

PREVENTIVE ACTIONS



Limit Alcohol Consumption:

Excessive drinking can increase the risk of cognitive decline.



Avoid Smoking: Tobacco use is linked to increased risk of dementia.

Delay of Alzheimer's disease is possible. Take action. Spread the word.

The LIRM is a non-profit organisation dedicated to improving patients quality of life in the areas of neurodegeneration and aging.

