



Press Release

Steps to lower your Alzheimer's risk

Promising research shows that by adopting certain combinations of effective yet simple lifestyle modifications, you can reduce your risk of Alzheimer's and related dementias.

New Delhi, Nov 29, 2016: In India, nearly 4 million people are living with some form of dementia. While the patients eagerly wait for a promising pharmaceutical cure, the answers in lifestyle modification offer good news.

Research has shown that by leading a brain- healthy lifestyle starting as early as young adulthood, you can significantly prevent the onset of age induced Alzheimer's and related dementias later in life. In addition to this, you can also possibly slow down or reverse the cognitive deterioration through lifestyle changes. By identifying your personal constellation of risk factors and controlling them, you can ensure lifelong brain health.

Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA) said, "Alzheimer's is a very complex disorder and has multiple risk factors. Risk factors like genetics and your age are beyond your control, however, some of these factors are modifiable and form the basis of a brain- healthy lifestyle. These include stress management, regular exercise, good sleep, healthy diet, mental stimulation and social engagement. The more you strengthen and reinforce these factors, the better will be your memory and cognition as you age".

Along with diet and exercise, it is important that you engage in regular mentally stimulating activities to keep those brain cells up and running. This is particularly beneficial for those who have crossed their 40s.

"Try doing light brain stimulating tasks like crossword puzzles, quizzes, daily reading or anything similar that interests you. For older individuals, it is advised that they engage their mental reserves through social engagement. Try being in touch with family and friends, joining senior citizen clubs, basically keeping your mind always working and do not leave it idle. Good sleep should supplement these activities to obtain their full benefit", adds **Dr. K.K Aggarwal**.

Following are the five crucial steps you can undertake to ensure that you stay protected from Alzheimer's:

- ✓ Maintain a healthy weight.
- ✓ Check your waistline.
- ✓ Eat mindfully. Emphasize colorful, vitamin-packed vegetables and fruits; whole grains; fish, lean poultry, tofu, and beans and other legumes as protein sources; plus healthy fats. Cut down on unnecessary calories from sweets, sodas, refined grains like white bread or white rice, unhealthy fats, fried and fast foods, and mindless snacking. Keep a close eye on portion sizes, too.
- ✓ Exercise regularly. Aim for 2½ to 5 hours weekly of brisk walking (at 4 mph). Or try a vigorous exercise like jogging (at 6 mph) for half that time.
- ✓ Keep an eye on important health numbers. In addition to watching your weight and waistline, keep a watch on your cholesterol, triglycerides, blood pressure and blood sugar numbers.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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