

CŌK PIUŌLIC KA 5 LEU BENEKE PIAL NYITHDU JUAKICAPŌI

Anŋ cŏk thei leu bakek kuanyiic/loi ne piirdun akŏlakŏl ku dhil bi nŋ kawaric ne pial de nyithu ku kuŋyin ne dhuŋnhompiny de tuŏl tuany de nyith akol lŏtueŋ ne piiric. Kek apiath ne pial ŋuŋpduic eben, ku aleu bikyŋ kuŋy ne dhuŋnhompiny de tuaanytuaany rilic cimen sukari (diabetes), tuany puŏu ku sarthan (cancer).

Muŋknhom de pial nyithdu eke rilic ne ruŋkuic eben, ku rilic tecŏ yŋn ɛt ruŋn ciɛl (ŋŏl tecŏit 40 gut 65 ruŋkuic). **Cŏk Piuŏlic Ka 5 Ne Pial Nyithdu Apŏi.** Abikyŋ kuŋy banyithdu muŋk ka pial ku dhuŋnhompiny de tuŏl tuany de nyith.

CŌK 1 MUK PUŌUNDU APATH



Ka pieth ne puŏundu a pieth ne nyithdu.

Ka ye puŏu raac wa kuer de riem, cimen puŋr de riem apŏi, cuaiditriŋic, tuany sukari ku cuai, aleu bik tuŏl de tuany nyith juakic, na loi kirŏt e ruŋn ciɛl.

Yeŋo leu ba loi

- Ye pialŋuŋp tiŋakim thaathokeben kek tiŋakim puurde riemdu, ku cuairiŋic, sukar tŏ riemic ku athemŋuŋpdu. Kuany wel a teet ke pialŋuŋp cŏk.
- Theec kuŋy bene muol/Kŏŏc maaththab.

CŌK 2 LOI KATHII CIMEN LOI KEKE DUŌPTUC



Tetŏ ŋuŋp ketuc e pial nyithda muŋcic kek juakpial.

Loi keke ŋuŋptuc akolokol aye lŏ riem nyithic juak ku juake cil ral yam ne nyithic ku ruŋkruŋk de kamken.

Tetŏ atuc kapieth tenŋ puŏundu ku ŋuŋpdu.

Yeŋo leu ba loi

- Loi kuat keke ŋuŋptuc anŋen e rɛr epath/abac
- Na cin keke ŋuŋptuc loi emen, ŋŏl loi kathii, ku juak kuen kek yekek loi. Jama wek Diktordu/ Akimdu kayin kinŋŏl yam ne kuat keke ŋuŋptuc de loi akolokol.
- Guir ba ɛt ayuul 30 ne loi kam Thuŋŋruŋt-Apŏi de keke ŋuŋptuc ne thaathok – them kekeben - akolokol. Kene aleu ba loi ayuul ka10 kulbuŋ.

CŌK 3 E NYITHDU THEM E KAKRIELIC

A riɛl bi nyithdu reer/dhiac kalui.

Kŏc ci puŋc aret ku nyouthke kene yam kene piŋ ne puŋcic (Scientist) aci loi yuk anŋŋic tektek ku puŋc, kek e yam emen wa rilic tenŋ nyith, aye kony guir riŋ yam nyithic ku riɛl ruŋkruŋk kamken.

Yeŋo leu ba loi

- Dŏl sport/riadha e yam
- Puŋc guɛl thoŋ yam
- Them Kene/hobby e yam
- Dŏl course/puŋc e wicapei ba loi
- Kuat kewic, ku aye yam, rilicapŏi, ku aye loi akolokol



**CŌK 4
KUANY MĒEITH E PIALDUŌP**



Ken e cam a leu bikuac lui pial de nyithdu.

Nyithda a wic miiẽth ciguel biya ņelkuo, ku abi tuol de tuanytuany kok tene wuk dhuoknhompiny.

Yeņo leu ba loi

Wet pial de nyith, kuany

- Mieth de wal juec ku fawake/ fruits
- Kuol ku Miok/mook pieth ne pialņuop (polyunsaturated ku monounsaturated kuol) cimen mook col olive, mook col canola, kam mookyat/dap wa mook col palm (saturated fats).
- Rec
- Kuol-thii wa Kecienic-kuol ku cak col (skim), cakciruoot/cakwac col (yoghurt) ku jibna/cheese
- Rin̆thiith wa rin̆ kuol-thii

Cama cam thii

- Cak nņjic mook apei, cakciruoot/cakwac col (yoghurt) ku jibna/cheese
- Miith ciget ku fawaki/desserts, miith cikek get apei ku miith ekook kekci thal ku jotke koc cath (takeaway food) (high saturated fats/anņjic kuoldit apei)
- Miith cimen Pies, Pastries, Kek, Biscuit ku miith ciget (jote kuol)

Na e dek maau, them dek ci d it ne 2 'athem de dek' ne kuat akoltokic.

**CŌK 5
MIETA PUŌU NE
AMMAT WEK KŌC**



Eke rilic ku ba matwel wek mathku ku koc ruaiyin, wa koc e yin puou mieth tetoyin we kek, ne dhol ka nhia kek.

Aamatnom wek koc kok e kony guir rin̆ yam ke nyith ku juakriel de ruokruok ne kamken, kene a leu byin ņelkuo ne demenia.

Loi kak cimaatic kene loi atuuc deņuop, Ruom/amat wek koc, ku kathem rilic alņj nyith, cimen dier, ku a nņjic kapieth apei.

Yeņo leu ba loi

- Maatruot akutnom/clubic wa akut ne Akutnom koc ciruot gam
- Gatruotpiny tene akutnom (team), akutnom kuen, akutnom cath, wa koc e diet
- Lui epath/abac ne akutduic tecerj
- Lo te gat de dier.

YEDŌ DET?



Pial nyith aye ku pial nomdu tin̆. Tin̆ koc/ateet lui ne pialņuop ne kony weet bene kerot kony ne tuany dhiaupuou (Depression).

Aye ke rilic barot tiit ne tetuk rilic de nom, muoknom ba nom a ņelkuo.

LEU BA DIC/WELKOK YUK KEDA?

Na wic wel kok ne pail de nyithdu lo tene Alzheimer's Australia's yourbrainmatters.org.au
 Wa yuope Akutnom de Kony ne Tuany Nyith col (National Dementia Helpline) **1800 100 500**
 Na kor kuony de thok yuope Telepun de loi de Gerwanjanjic ku Warthokic **131 450**



5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH

There are small steps that you can take in your everyday life that will make a real difference to the health of your brain and help reduce your risk of developing dementia later in life. These steps are also good for your general health, and can help lower your risk of other chronic diseases like diabetes, heart disease and cancer.

Looking after the health of your brain is important at any age, but it is particularly important once you reach middle age (around 40 to 65 years of age). The **5 Simple Steps to Maximise Your Brain Health** will help you keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART



What is good for your heart is good for your brain.

Conditions that affect the heart or blood vessels, such as high blood pressure, high cholesterol, diabetes and obesity, can increase the risk of developing dementia, especially if these occur at middle age.

What you can do

- Have regular health checks to check your blood pressure, cholesterol, blood sugar and weight. Follow the advice of your health professional
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Being physically active gives our brains a healthy boost.



Regular physical activity increases blood flow to the brain and stimulates the growth of new brain cells and the connections between them.

Being active is also good for your heart and body.

What you can do

- Doing any physical activity is better than doing none
- If you are currently not doing any physical activity, start by doing some, and gradually increase the amount you do. Speak to your doctor before you start any new exercise routine
- Build up to at least 30 minutes of moderate-intensity activity on most – preferably all – days. This can be done in 10 minute blocks.

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

It is important to keep your brain active.

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do

- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.



STEP 4 FOLLOW A HEALTHY DIET



What you eat can affect your brain health.

Our brain needs a variety of nutrients to function properly.

What you can do

For good brain health, choose:

- Lots of vegetables and some fruit
- Healthy fats and oils (polyunsaturated and monounsaturated fats), such as olive oil, canola oil, instead of butter or coconut and palm oil (saturated fats)
- Fish
- Low-fat or fat-free (skim) milk, yoghurt and cheese
- Lean or low fat cuts of meat.

Eat less:

- Full fat milk, yoghurt and cheese
- Fried food and desserts, deep fried foods and takeaway food (high in saturated fats)
- Pies, pastries, cakes, biscuits and buns (trans fats).

If you drink alcohol, try and limit it to no more than 2 'standard' drinks on any day.

STEP 5 ENJOY SOCIAL ACTIVITY



Spending time with friends and family, or people whose company you enjoy, in ways that interest you, is good for our brain health.

Mixing with other people helps to build new brain cells and strengthen the connections between them, which can protect you against dementia.

Activities that combine being physically active, social interaction, and are mentally challenging, such as dancing, provide even greater benefit.

What you can do

- Be part of a club or social group
- Join a team, book club, walking group, or choir
- Volunteer in your local community
- Take up dance classes.

WHAT ELSE?



Brain health also means looking after your mental health. See your health professional for advice on treating depression.

It's also important to avoid serious head injury, so be sure to protect your head.

FURTHER INFORMATION

For more information on living a brain healthy lifestyle visit Alzheimer's Australia's yourbrainmatters.org.au Or call the National Dementia Helpline

1800 100 500



Interpreter

For language assistance phone the Translating and Interpreting Service on **131 450**