

# YOUR BRAIN MATTERS

## A GUIDE TO HEALTHY HEARTS & MINDS

Kuwa na ubongo wenye afya nzuri ni muhimu kwa umri wowote, kama una umri mdogo au mkubwa. Utafiti wa sayansi unaonyesha kwamba kuishi maisha ya ubongo wenye afya, hasa kipindi cha maisha-kati (kawaida kuanzia umri wa miaka 40 hadi 65), kunaweza kupunguza hatari ya mtu kupata dementia baadaye katika maisha yake. Kuishi maisha ya ubongo wenye afya, unahitaji kutunza ubongo wako, mwili wako, na moyo yako.

### KUENDELEA KUSHUGHULIKIA UBONGO WAKO NI MUHIMU

Endeleza kutoa changamoto kwa ubongo wako na kushughulikia na watu.

Wanasayansi wamegundua kwamba kutoa changamoto kwa ubongo na matendo mapya kunasaidia kujenga seli mypa za ubongo na kuimarisha maaunganisho kati zao. Haya yanasaidia kupa ubongo 'akiba' zaidi ili unaweza kuvumilia vizuri zaidi na kuendelea kushughulikisha vizuri kama seli zozote za ubongo zinaharibu au zinakufa.

Chagua shughuli zinazotoa changamoto na unazopenda. Ujitoe changamoto mara nyingi na endeleza kujifunza mambo mapya kote maisha yako.

Kushiriki katika shughuli za kijamii na kutendana na wengine kunatumia seli za ubongo na kuimarisha maaunganisho kati zao. Shughuli zenye kijamii zinazohusisha shughuli zenye akili na kimwili zinatoa hata faida zaidi kwa afya ya ubongo na kupunguza hatari za kupata dementia. Kwa hiyo jaribu kufanya baadhi ya hizo pia.

Kukutana na familia na marafiki ili kuendeleza ubongo kuwa na shughuli – hata nzuri zaidi ni kukutana na kutembea nao



Panga kukutana na marafiki kucheza karata au michezo au jiunga na chama cha jumuiya



Jifunza kucheza kifaa cha muziki au enda kwa sinema au maonyesho ya muziki



Jifunza mambo mapya au shiriki katika shughuli unazopenda kama kuchola, kazi ya mikono au kukimbia



Andikisha kwa korsi fupi kujifunza mambo mapya kama yoga, useremala au upigaji picha – utajifunza ustadi mpya na kukutana na watu wapya



**BrainyApp™**

Kama utataka njia ya raha na kutendana ya kutunza afya ya ubongo, nenda kwa duka lako la app na kupakua BrainyApp kwa simuakili yako au tablet. Tembelea [brainyapp.com.au](http://brainyapp.com.au) kwa maelezo zaidi.

## KUWA MWENYE AFYA NZURI NI MUHIMU

Kula chakula bora na shiriki katika shughuli zenye kimwili za kila mara. Ubongo wako unahitaji anuwai wa virutubishi, majimaji na nyashati kutenda vizuri.

Epukana kula sana chakula kinachokuwa na mafuta mengi yenye saturated (siagi, chakula cha kuka'anga sana, nyama za deli zilizotengenezwa, keki, vitobosha na biskuti). Chagua tofauti ya chakula kinachokuwa pamoja na mboga, matunda, nafaka, njugu na bidhaa za maziwa zenye mafuta kidogo. Kula samaki, nyama yenye mafuta kidogo na pika na mafuta ya monounsaturated au polyunsaturated (mafuta ya canola, zeituni, alizeti na soya).

Kama unakunywa alkoholi, ukunywe kiasi wastani tu, yaani usinywe zaidi kuliko vinywaji viwili vya kiwango kila siku.

Shughuli zenye kimwili za kila mara zinafaa kwa afya ya ubongo. Zinasaidia na tiriko ya damu na utoaji wa oksijeni kwenda ubongo.

Jaribu kufanya angalau dakika 30 ya mazoezi ya kiasi kila siku. Chagua shughuli unazopenda kufanya kama kutembelea, kuogolea, kucheza ngoma, tai chi au junga kikundi cha mazoezi.

Jifunza kucheza ngoma – ni mazoezi mazuri sana kwa mwili na ubongo wako



Kula tofauti ya chakula kutoka vikundi mbalimbali vya chakula na kupunguza mafuta ya saturated



Weka ndani mlo wako asidi ya mafuta ya omega 3 kutoka samaki yenye mafuta na asili nyingine kama jozi



Kula sehemu mbili ya matunda kila siku – tengeneza saladi ya matunda, weka ndani chakula cha asubuhi



Weka chakula tano ya mboga ndani mlo wako kila siku



Weka angalau dakika 30 ya mazoezi ya kimwili ndani utaratibu wako wa kila siku



## KUTUNZA MOYO WAKO NI MUHIMU

Kinachokuwa nzuri kwa moyo pia ni nzuri kwa ubongo.

Utafiti unaonyesha kwamba kuwa na ugonjwa wa sukari, kolestro juu au shinikizo la damu juu, na kuacha kutiba kwa nguvu, kunaweza kuharibu mishipa ya damu katika ubongo na kuathiri kazi ya ubongo na ustadi wa kufikiri.

Ni muhimu kupata kupimwa kwa afya ya kila mara na kufuata ushauri wa daktari wako au mtaalum wa afya. Simamisha shinikizo ya damu yako, kolestro, sukari ya damu na uzito wa mwili kwa kiasi kinachofaa kwako, na fuata ushauri wao wa matibabu.

Uthibiti unaonyesha kwamba kuvuta sigara unazidisha hatari ya kupata dementia. Kutunza afya ya ubongo wako, epuka kuvuta sigara

Ongea na mtaalum wako wa afya kupata ushauri jinsi ya kupoteza uzito wa ziada



Panga kupimwa shinikizo ya damu kila mara



Kinachokuwa nzuri kwa moyo pia ni nzuri kwa ubongo – zungumza na daktari wako kuhusu kupima shinikizo yako ya damu, kolestro, sukari ya damu na uzito kila mara



Kama una umri wa 45 au zaidi, upate makadirio kila mara ya hatari ya moyo na ugonjwa wa ubongo



Epuka kuvuta sigara – zungumza na mtaalum wako wa afya au pigia simu ya Quitline kwa nambari ya 13 78 48 kupata msaada jinsi ya kuacha



Kwa maelezo zaidi kuhusu kuishi maisha yenye ubongo wa afya tembelea [yourbrainmatters.org.au](http://yourbrainmatters.org.au) ya Alzheimer's Australia



Au pigia simu kwa Lainimsaada ya Dementia ya Taifa **1800 100 500**  
Kwa msaada wa lugha pigia simu Huduma ya Mfasiri wa Simu kwa nambari ya **131 450**

Chapisho hiki kinatoa muhtasari jumla tu ya mada iliyoangaliwa. Watu wafuatilie ushauri wa utaalum kuhusu kesi yao maalum. Alzheimer's Australia haitawajibikia kisheria kwa kosa lolote au kitendo cha kuacha katika chapisho hiki.

Mpango wa Ubongo Wako ni Muhimu wa Alzheimer's Australia umefadhiliwa na hazina kutoka Serikali ya Australia chini ya Mfuko wa Kuboresha Huduma na wa Kuzuia Ugonjwa wa Kudumu.

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# BEING FIT AND HEALTHY MATTERS

Eat healthy and participate in regular physical activity. Your brain needs a range of nutrients, fluids and energy to work properly.

Avoid a high intake of foods that are high in saturated fats (butter, deep fried food, processed deli meats, cakes, pastries and biscuits). Choose a variety of foods that include vegetables, fruit, wholegrains, nuts and reduced fat dairy products. Eat fish, lean meat and cook with monounsaturated or polyunsaturated oils (canola, olive, sunflower and soybean oils).

If you drink alcohol, you should only drink in moderation, which is no more than two standard drinks per day.

Regular physical activity is beneficial for brain health. It helps with blood flow and oxygen supply to the brain.

Try to do at least 30 minutes of moderate exercise each day. Choose activities that you enjoy doing such as walking, swimming, dancing, tai chi or join an exercise group.

Learn to dance – it's great exercise for your body and brain



Eat a variety of foods from different food groups and cut back on saturated fats



Include omega 3 fatty acids from oily fish and other sources such as walnuts in your diet



Enjoy two pieces of fruit a day – make a fruit salad, include at breakfast



Include five serves of vegetables in your diet each day



Build at least 30 minutes of physical activity into your normal daily routine



# LOOKING AFTER YOUR HEART MATTERS

What is good for the heart is good for the brain.

Research indicates that having diabetes, high cholesterol or high blood pressure, and not treating them effectively, can damage the blood vessels in the brain and affect brain function and thinking skills.

It is important to have regular health checks and follow the advice of your doctor or health professional. Manage your blood pressure, cholesterol, blood sugar and body weight at levels that are healthy for you, and follow their treatment advice.

Evidence shows that smoking increases the risk of dementia. To keep your brain healthy, smoking should be avoided.

Speak to your health professional for advice on how to lose excess weight



Have your blood pressure checked regularly



What's good for the heart is also good for the brain – speak to your doctor about checking your blood pressure, cholesterol, blood sugar and weight regularly



If you are 45+, you should get regular heart and stroke risk assessments



Avoid smoking – speak to your health professional or call Quitline on 13 78 48 for help on how to quit



For more information on living a brain healthy lifestyle visit Alzheimer's Australia's [yourbrainmatters.org.au](http://yourbrainmatters.org.au)



Or call the National Dementia Helpline **1800 100 500**  
For language assistance call the Telephone Interpreter Service on **131 450**