

# HATUA RAHISI 5 KUZIDISHA AFYA YAKO YA UBONGO



SWAHILI | ENGLISH

Kuna hatua ndogo unazoweza kuchukua katika maisha yako ya kawaida zitakazoleta utofauti halisi kwa afya yako ya ubongo na kusaidia kupunguza hatari yako ya kupata dementia baadaye katika maisha yako. Hatua hizi pia ni nzuri kwa afya yako ya jumla, na zinaweza kupunguza hatari yako ya kupata magonjwa mengine ya siku zote kama ugonjwa wa kisukari, ugonjwa wa moyo na saratani.

Kutunza afya ya ubongo wako ni muhimu kwa umri wowote, lakini ni muhimu hasa wakati unapofikia umri wa katikati (kuanzia karibu umri wa miaka 40 hadi 65). **Hatua Rahisi 5 Kuzidisha Afya Yako ya Ubongo** itakusaidia kutunza afya yako ya ubongo na kupunguza hatari ya kupata dementia.

## HATUA 1 TUNZA AFYA YAKO



**Kinacho nzuri kwa moyo yako pia ni nzuri kwa ubongo wako.**

Hali zinazoathiri moyo au mashipa ya damu, kama shinikizo ya damu juu, cholesterol ya juu, ugonjwa wa kisukari na unene sana, zinaweza kuzidisha hatari ya kupata dementia, hasa kama hiyo inatokea katika umri wa katikati.

### Unachoweza kufanya

- Fanya miadi ya kuangalia afya ya kila mara ili kuangalia shinikizo yako ya damu, cholesterol, sukari ya damu na uzito. Fuata shauri ya bingwa yako ya afya.
- Tafuta msaada kukoma kupiga sigara.

## HATUA 2 FANYA SHUGHULI YA KIMWILI AINA KADHAA

**Kufanya mashughuli ya kimwili inaupa ubongo wetu sukuma juu ya afya.**



Shughuli ya kimwili ya kila mara inaongeza mtiririko wa damu kwenda ubongo na inachangamsha ongezeko la seli mpya ya ubongo na maungano kati yao.

Kufanya mashughuli pia ni nzuri kwa moyo yako na mwili wako.

### Unachoweza kufanya

- Kufanya shughuli yoyote ya kimwili ni afadhali kuliko kuacha kufanya.
- Kama hufanyi shughuli yoyote ya kimwili kwa sasa, anza kufanya kidogo, na ongeza ya polepole kiasi unachofanya. Zungumza na daktari yako kabla hujaanza kufanya mazoezi mapya yoyote ya kila mara.
- Ongeza hadi angalau dakika 30 ya shughuli ya nguvu-wastani kwa siku karibu yote – kwa upendeleo - kila siku. Unaweza kufanya hivi kwa muda ya dakika 10.

## HATUA 3 WEKA CHANGAMOTO YA KIAKILI KWA UBONGO WAKO

**Ni muhimu kuendeleza ubongo kuwa na mashughuli.**

Wanasayansi wamegundua kwamba shughuli zinazohusisha kufikiri na kujifunza, ambazo ni mpya au zinakuwa changamoto kwa ubongo, zinasaidia kujenga seli mpya ya ubongo na kuimarisha maungano kati yao.

### Unachoweza kufanya

- Anza kucheza mchezo mpya
- Jifunza lugha jipya
- Jaribu jambo jipya unapendalo wewe
- Anza korsi kuhusu jambo ulilotaka kufanya kwa muda mrefu
- Chochote, kwa kweli, kama ni mpya, ngumu na kufanya mara nyingi.



## HATUA 4 FUATA MLIO WA AFYA



### Unachokula kinaweza kuathiri afya yako ya ubongo.

Ubongo wetu unahitaji anuwai ya chakula ili kufanya vizuri.

#### Unachoweza kufanya

Kwa afya nzuri ya ubongo, chagua

- Mboga na matunda mengi
- Mafuta yenye afya (mafuta ya polyunsaturated na monounsaturated), kama mafuta ya zeituni, mafuta ya canola, badala ya siagi au mafuta ya nazi au mawese (mafuta ya saturated)
- Samaki
- Maziwa, maziwa mtindi na jibini yenye mafuta-kidogo au bila mafuta (skim)
- Nyama yenye mafuta kidogo

Kula kidogo zaidi

- Maziwa, maziwa mtindi, jibini yenye mafuta mazima
- Vyakula na vyakula vitamu vilivyoka'anga, vyakula vilivyoka'anga sana na vyakula vya kuchukua nawe (na mafuta mengi ya saturated)
- Pai, vitobosha, keki, biskuti na mikate (mafuta yenye trans)

Kama ukikunywa alkoholi, jaribu na weka kikomo kisichozi vinywaji vyenye 'kiwango' 2 kwa siku yoyote.

## HATUA 5 FURAHISHA SHUGHULI YA KIJAMII



### Kutumia muda wako na marafiki na familia, au watu ambao unaopenda kuwa pamoja nao, kwa jinsi unavyopenda, ni nzuri kwa afya ya ubongo wetu.

Kuelewana na watu wengine inasaidia kujenga seli mpya ya ubongo na kuimarisha maungano kati yao, inayoweza kukuzuia kupinga dementia.

Shughuli zinazounganisha kuwa mashughuli ya kimwili, mawasiliano ya kijamii, na changamoto ya kiakili, kama kucheza ng'oma, kunaleta hata faida zaidi.

#### Unachoweza kufanya

- Jiunga klabu, au kikunde cha kijamii
- Jiunga timu, klabu ya vitabu, kikundi cha kutembea, au kwaya
- Jitolea katika jamii yako ya mtaa
- Anza kwenda mazoezi ya kucheza ng'oma

## NINI ZAIDI?



Afya ya ubongo maanisha pia kutunza afya ya akili yako. Mwona bingwa yako wa afya ya ushauri kuhusu kutiba huzuni.

Pia ni muhimu kuepuka majeraha ya kichwa ya hatari, kwa hiyo hakikisha kuzuia kichwa chako.

## MAELEZO ZAIDI

Kwa maelezo zaidi kuhusu kuishi na afya ya ubongo tembelea Alzheimer's Australia's

[yourbrainmatters.org.au](http://yourbrainmatters.org.au) Au pigia sima LainiMsaada

ya Taifa ya Dementia **1800 100 500**

Kwa msaada ya lugha piga simu Huduma ya Utafsiri na Utafsiri na Ukalimani kwa **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](http://yourbrainmatters.org.au) Or call the National Dementia Helpline

**1800 100 500**



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