

Minimizing the risks of MCI

Our lifestyle can have an effect on our risk of developing dementia. Minimise the risk of MCI and dementia by;

Get plenty of exercise:

- Maintains a healthier heart
- Encourages good mental health and helps manage stress, anxiety and depression
- Maintain a healthy weight which is important in managing health conditions

Eating a healthy diet and taking the right nutritional supplements:

- Reducing the total amount of fat you eat
- Eat oily fish regularly
- Eat a high fibre diet
- Eat more fruit and vegetables
- Cut down on salt
- Keep alcohol to 14 units a week

Avoiding diabetes:

- Control diabetes by eating a healthy diet, controlling weight and doing physical activities regularly
- Other treatments include reducing blood pressure if it is high
- Lowering high cholesterol levels

Getting plenty of sleep:

- Sleep helps the brain commit new information to memory
- Lack of sleep contributes to irritability, inability to concentrate and fatigue
- Serious sleep disorders have been linked to high blood pressure, increased stress and irregular heartbeat

It is important to minimise the risk before you experience signs of cognitive decline.

If you think your memory is getting worse, go back to your GP to have all physical causes ruled out. Your GP will then make a referral to the Memory Assessment Service.

If you need further information contact

Tamar Memory Assessment
Service
Trevillis House
Lodge Hill
Liskeard
PL14 4EN

01579 373737



**Mild
Cognitive
Impairment
(MCI)
Or
mild
memory
problems**

MCI what does this mean?

Complaints of memory loss are more common as people get older but may occur in younger people as well. MCI can sometimes be the stage between normal forgetfulness due to aging and the development of dementia. People with MCI usually have impaired memory which is supported by formal memory tests, but no impairments in other areas of brain function such as planning or attention. There are usually no significant problems with activities of daily living and the person themselves is often aware they are forgetful.



It is important to remember that not everyone with MCI will develop a dementia.

Maintaining Everyday Skills

Remain as active as possible

- Carry out activities around the home or garden
- Leisure activities are equally as important
- Complete quiz's and crosswords

Put a regular routine in place

- Although variety and stimulation are important, too many changes can be confusing

Make the most of memory aids

- Lists, diaries, notes and clear written instructions can help jog your memory
- Use a calendar showing the day, month and year
- Use a notice board for messages

Avoid unnecessary stress

- Try to concentrate on one thing at a time
- Don't sweat the small stuff

Mild Cognitive Impairment symptoms

- Forgetting recent conversations or events
- Difficulty performing multiple tasks
- Difficulties with problem solving
- Taking longer to perform tasks
- Being aware that memory may not be as good as previously

Treatment

It is important that people with memory problems are identified early so they can benefit from drug treatments in the future if appropriate. Identifying people with MCI is one way of achieving this.

Treating conditions that can lead to confusion often greatly improves mental functioning.

Such conditions include

- Infections
- Heart failure
- Depression
- Nutritional disorders
- Thyroid disorders
- Anaemia
- Decreased oxygen