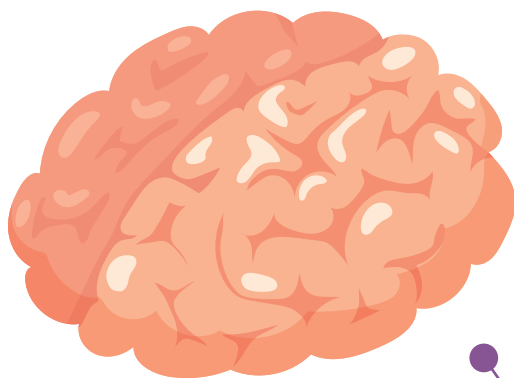


# WAYS TO **REDUCE** YOUR RISK OF DEMENTIA

## 降低失智 症风险的 方法

#Despite  
DEMENTIA

**ADA**  
ALZHEIMER'S  
DISEASE  
ASSOCIATION



**LOOK AFTER  
YOUR HEART**  
照顾您的心脏



**BE PHYSICALLY  
ACTIVE**  
保持活跃的生活习惯



**FOLLOW A  
HEALTHY DIET**  
培养健康的饮食习惯



**ENJOY SOCIAL  
ACTIVITY**  
喜爱社交活动



**CHALLENGE  
YOUR BRAIN**  
挑战您的大脑



**QUIT SMOKING**  
戒烟



Find out more at [alz.org.sg/reducerisk](http://alz.org.sg/reducerisk)

## ALZHEIMER'S DISEASE ASSOCIATION 新加坡失智症协会

Alzheimer's Disease Association (ADA) was formed in 1990 as a result of growing concern for the needs of persons living with dementia and their caregivers, and lack of services and support at that time. Now, with close to 30 years of active campaigning behind it, the Association is recognised as a Centre of Specialisation in dementia-support and advocacy.

民众对失智症人士与照护者需求的议题关注日益增加，加上当时的基础设备与支援极为缺乏。于是，新加坡失智症协会在1990年成立了。在近三十年来努力耕耘下，协会已被认可为新加坡最专业的支援与倡导中心。

## ● WHAT IS DEMENTIA? 什么是失智症?

Dementia is a term used to describe a condition that causes deterioration over time of a variety of different brain functions such as memory, thinking, recognition, language, planning and personality. Alzheimer's Disease accounts for 50-60% of cases of dementia. Other types of dementia include vascular dementia, dementia with Lewy bodies and front-temporal dementia.

There are 50 million people worldwide living with dementia and this number is expected to rise to 82 million by 2030 and 152 million by 2050.

失智症是个概括性的通俗用语，用于描述各种脑功能的退化，如记忆、思考、识别、语言、计划和个性。失智症的类型有阿茨海默士症、血管性失智症、路易体失智症及前颞型失智症。其中阿茨海默士症占了50-60%。

全球约有5千万人患有失智症，这数据预计将在2030年上升超越8千万，而到2050年预计将攀升到1.52亿。

## Superheroes Wanted! 成为我们的超级英雄!

Want to make a difference but not sure where to start? A small act of kindness from you means the world to persons with dementia, and no amount donated is too small to help our cause.

想要有所作为，却不知道从哪开始？您的任何募捐款项对于失智症人士来说意义重大。

Find out more about cheque or recurring donations by **calling 6293 9971** or **email [donation@alz.org.sg](mailto:donation@alz.org.sg)**, or simply scan the QR code to donate now!

有关支票或定期捐款的更多信息，请致电**6293 9971**或电邮 **[donation@alz.org.sg](mailto:donation@alz.org.sg)**，或者直接扫描QR码即可捐款!

