

EVE's Healthy Bite

Dementia



Dementia affects learning, memory, decision-making and language

Dementia is caused by different diseases in the brain

55,000 people in Ireland live with dementia

In 20 years the figure could be 110,000

2/3 people with dementia are women

There are over 400 types of dementia identified

Most common are Alzheimer's Disease and Vascular Dementia

Age and Down's Syndrome are the two biggest predictors

180,000+ people in Ireland have cared for someone with dementia



Six Steps to Reduce Your Risk



PHYSICAL EXERCISE



HEALTHY DIET



REGULAR SLEEP



MENTAL STIMULATION



SOCIAL ENGAGEMENT



STRESS MANAGEMENT