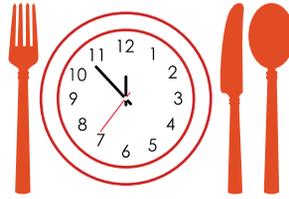


# WEIGHT MANAGEMENT

It is important for the brain and memory to maintain normal body weight.  
Being overweight is dangerous for the brain and heart.



Even a few pounds of weight loss reduces health risks. It also has a positive effect on cholesterol levels, blood pressure and fat metabolism.



Regular meal times and exercise support weight control.



Eat plenty of vegetables, at least 800g a day, as it helps you to control your weight. Avoid pastries and other sugar-containing products.



## Did you know...

that having a large waist size is very hazardous to your health?



A high waist circumference increases the risk of diabetes and cardiovascular disease considerably and is therefore also dangerous for the brain.



Fat accumulating around the waist area is called visceral fat. Fat builds up around internal organs such as the liver, adversely affecting sugar metabolism. Waist fat accumulation is strongly associated with the emergence of type 2 diabetes.



Excess fat in the waist area causes low-grade inflammation, which can be one of the causes of Alzheimer's disease. The waist circumference may affect your life expectancy. Exercise and a low-carb diet can help reduce waist size.

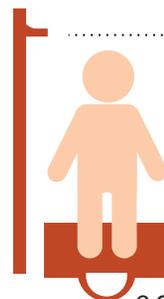
**Ideal waist circumference measurement**

Women < 80 cm

Men < 88 cm



## Body mass index (BMI)



### CALCULATION

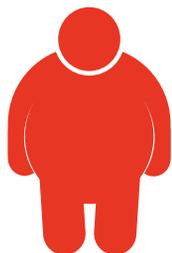
$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

e.g.,  $\text{BMI} = \frac{75 \text{ kg}}{1,8 \text{ m} \times 1,8 \text{ m}} = \frac{75 \text{ kg}}{3,24 \text{ m}}$

BMI = 23,1 (normal weight)

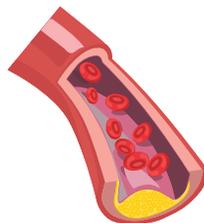
# HEART HEALTH

Cardiovascular health affects the brain. Address conditions such as diabetes, high cholesterol and high blood pressure early. Untreated, they can cause memory illnesses at a later age.



## OVERWEIGHT

Avoid being overweight as it puts stress on the heart and cardiovascular system and increases the risk of multiple illnesses.

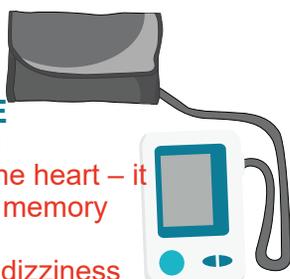


## HIGH CHOLESTROL

- Increases the risk of memory diseases and stroke.
- Cholesterol is measured in a blood test in a laboratory.
- A healthy, low-fat diet will help lower cholesterol.

## ELEVATED BLOOD PRESSURE

- Is a condition that must be treated
- Damages the blood vessels and the heart – it increases the risk of developing a memory disease.
- Symptoms include headache and dizziness. Your doctor may prescribe you blood pressure medicines. Nevertheless, remember to lead a healthy lifestyle.



## HIGH BLOOD SUGAR

- High blood sugar damages brain blood vessels
- Diabetics have an increased risk of memory disease
- Avoid sugary drinks and foods and exercise more



Blood pressure		Cholesterol		Blood sugar	
Ideal	< 120/80 mmHg	Overall cholesterol	<5,0	Normal	< 6
Normal	< 130/85 mmHg	LDL	>3,0	High	6.1 - 6.9
High	≥140/90 mmHg	HDL	>1,2 (male) >1,0 (female)	Type 2 Diabetes	> 7
		Triglyceride	< 1,7		

## EXCESS USE OF FAT AND SALT



- Is harmful to the heart, blood vessels and brain
- May increase the risk of memory diseases
- Reduce salt and fat intake, use other spices instead. Taste buds will get used to the low-salt food in a couple of weeks. Choose heart-friendly products from the supermarket.



## STRESS

- Means long-term mental strain
- Causes insomnia, memory problems, and difficulty concentrating
- Learn to unload stress for your brain's well-being. Exercise, relax and sleep enough



## EXCESS USE OF ALCOHOL

- Increases blood pressure
- Reduces memory performance and concentration



## SMOKING

- Doubles the risk of getting a memory disease
- Reduces brain oxygen supply
- You can stop smoking. Ask your pharmacist for advice.



Sources: Käypä hoito -suositukset, Diabetesliitto, Muistiliitto, Sydänliitto, THL, syohyvaa.fi  
 www.muistiliitto.fi | www.muistisalo.fi  
 Illustration and design: Karen Cipre | karencipre.deviantart.com