



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

Dementia consists of a group of symptoms, which affect mental tasks such as memory and reasoning. Alzheimer's disease is the most common form of dementia. The risk of dementia can increase with age, family history and unhealthy lifestyle habits. Symptoms usually start with **short-term memory loss** and **changes in thinking**. Additional symptoms include **difficulty with communication, completing tasks, reasoning** and **visual perception**. Symptoms for dementia start out slowly and may get worse. If you or someone you know is experiencing at least 2 of the dementia symptoms stated above, consult a physician.

### MY BRAIN HEALTH IS:

Healthy is when I have no symptoms or risk factors.

Health Risk is if I am older than 65, have a family history of dementia, and/or engage in unhealthy lifestyle habits.

Unhealthy is having 2 or more of the dementia symptoms or risk factors.

- HEALTHY** – Look on the back side of this card to maintain good brain health.
- HEALTH RISK** – If you are at an increased risk for dementia due to age and family history, see your doctor. If you engage in unhealthy behaviors, look on the back of this card to see how you can improve your brain health.
- UNHEALTHY** – If you have **at least 2** of the dementia symptoms or risks above, please see your doctor for risk assessment.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@osteowvsom.edu](mailto:CRCH@osteowvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY BRAIN FUNCTION:** Continue healthy lifestyle behaviors to improve brain health. Keep the mind active by listening to music, reading and doing puzzles. Stay connected with friends and family. Stay physically active and maintain a healthy diet.

**HEALTH RISK BRAIN FUNCTION:** See your doctor for evaluation of possible cognitive impairment and engage in healthy lifestyle behaviors including physical activity, healthy diet, no tobacco use, and limited alcohol consumption.

**UNHEALTHY BRAIN FUNCTION:** See your doctor for evaluation of dementia and options to improve brain health.

## Get more information

### **ABOUT DEMENTIA AND HOW TO MAINTAIN A HEALTHY BRAIN BY...**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

*Sponsored by the West Virginia Clinical and Translational Science Institute*

