

SEPTEMBER: ALZHEIMER AWARENESS MONTH



Alzheimer's is the most common cause of dementia, there is no evidence to show that it can be fully prevented. A diet rich in vegetables, fiber, healthy fats, with little or no ultra-processed food does not guarantee the prevention of Alzheimer's, but it is a tool that helps control chronic conditions that are among the identified risk factors for the development of the condition.

WORK TO CHANGE YOUR LIFESTYLE:

- Reduce and eliminate tobacco use, seek help, there are programs that work.
- If you are obese, consult your doctor for weight loss help. You can consult a nutrition and dietetic professional for a meal plan.
- Avoid physical inactivity, start an exercise routine today, consult with your doctor to know your health status so you can be more active.
- Avoid excessive alcohol consumption, seek help if you can't control this habit.
- If you have high LDL cholesterol, use your medication, exercise, and modify your eating pattern to address this health situation.
- Keep your blood sugar levels in check; if you have diabetes, use your medication daily; and if you still can't manage your blood sugar levels, visit your doctor again and report your situation.
- If you are diagnosed with high blood pressure, use your medication, monitor your blood pressure levels, and seek help if you can't manage your condition.
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AVOID ULTRA-PROCESSED FOODS: THE EVIDENCE IS INCREASINGLY CONSISTENT:

Increased consumption of ultra-processed foods (sausages, sugary drinks, fast food, industrial snacks) is associated with a higher risk of cognitive impairment and Alzheimer's development.

The available evidence states that moderate physical activity is one of the most scientifically supported habits for long-term brain health; perform it at least 5 days a week.

IF YOU ARE CARING FOR SOMEONE WITH ALZHEIMER'S... FOLLOW THESE BEST PRACTICES FROM HEALTHCARE PROFESSIONALS:

- Maintain predictable routines and schedules; sudden changes often lead to confusion and anxiety.
- Use simple and direct communication: short sentences, one idea at a time, and provide time to respond.
- Adapt the home to reduce the risk of falls and accidents (good lighting, clear floors, safety locks, etc.).
- Encourage the greatest possible independence in daily tasks, adjusting the level of support according to the progression of the disease.
- Take care of your physical and emotional health: caregiver burnout is common and real; seek support and rest.
- Visit your primary care physician and make regular appointments with a mental health specialist. Don't forget your healthcare. Take care of yourself so you can take care!

Sources: Lancet commission on dementia & American Journal of Public Health (2026)