



# Aberdeen Brain Health Service

Do you know your risk  
factors for dementia?



**Alzheimer  
Scotland**  
Action on Dementia



**Brain Health  
Scotland**



# What is a Brain Health Service?

- Our Brain Health Service in Aberdeen will enable you to understand and identify your own personal risk for the diseases that can lead to dementia.
- We now know that many of the diseases that can cause dementia start in the brain a long time before obvious symptoms might begin to show.
- There are many things we can do to protect the health of our brain throughout life and to help reduce our risk of developing certain brain diseases.
- This service will support you to reduce your risk by providing personalised advice to support lifestyle changes.



**Identification  
of Risk**



**Personalised  
Action Plan**

# Who is a Brain Health Service for?

The service is for anyone, regardless of age, who might have concerns about their memory or brain health. It is also for anyone who wants to find out more about reducing their risk of developing dementia in the future.

# Risk factors for dementia

Risk factors are aspects of your lifestyle, environment and genetic background that increase the likelihood of getting a disease such as dementia.

Risk factors for dementia include:

- High blood pressure (hypertension)
- Smoking
- Diabetes
- Obesity
- Physical inactivity
- Poor diet
- Alcohol consumption (more than 14 units per week)
- Social isolation
- Lower level of mental skills and stimulation
- Depression
- Traumatic brain injury (concussion, skull fracture, brain injury or bleed)
- Hearing impairment
- Air pollution
- Poor sleep patterns

If you have one or more of these risk factors it does not necessarily mean you will develop dementia.

## Personalised action plan

Some risk factors are within your control, and some are not.

Through identifying and understanding your risks we will work with you to develop a personalised action plan to help you take positive steps for your brain health.

### For further information

To find out more about our Aberdeen Brain Health Service please visit [www.nhsgrampian.org/brainhealth](http://www.nhsgrampian.org/brainhealth) or scan our QR code here



# How to find us

You do not need an appointment to use the service.

**Alzheimer Scotland Brain Health and Dementia Resource Centre,  
13-19 King Street,  
Aberdeen,  
AB24 5AA**

**Open Monday – Friday  
9.00am – 5.00pm**

Parking is available nearby at Frederick Street Carpark, Frederick Street, Aberdeen AB24 5HY



# How to contact us

**NHS Grampian Healthpoint**

**Telephone: 08085 20 20 30**

**Open Monday – Friday  
9.00am – 5.00pm**

Visit us at the Alzheimer Scotland Centre or telephone the NHS Grampian Healthpoint.

This publication is available in other languages and formats, upon request. Please call NHS Grampian Corporate Communications on **01224 554400** or email **gram.communications@nhs.scot** Please ask for publication MVC 230475.

