This is a presentation from the FINGERS Brain Health Institute

We appreciate that you wish to use this presentation to share knowledge about the FINGER model!

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If you have questions or suggestions regarding this presentation (or something else!), please send us an email on info@fbhi.se
We are always happy to get feedback and hear new ideas.

Thanks for our cooperation!

The FINGER model

Reducing the risk of cognitive decline and dementia

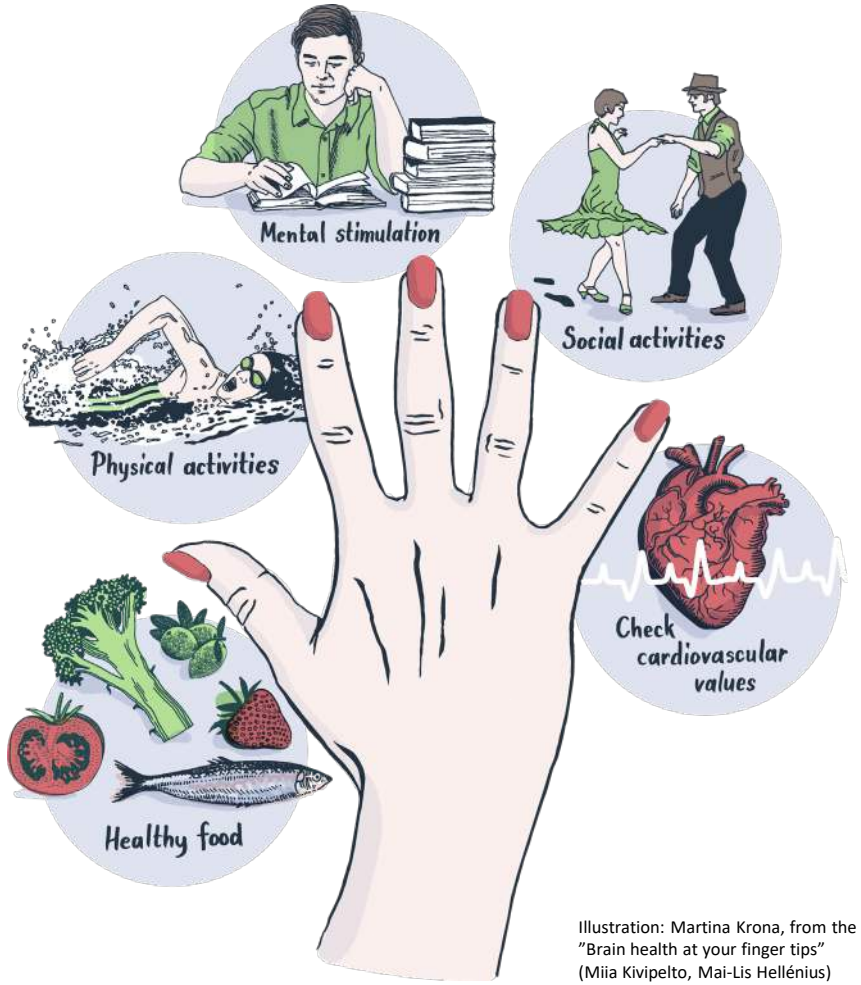


Illustration: Martina Krona, from the book
”Brain health at your finger tips”
(Miia Kivipelto, Mai-Lis Hellénius)

Based on research at

Karolinska Institutet
Finnish Institute for Health and Welfare
University of Eastern Finland
Karolinska University Hospital
Imperial
FINGERS Brain Health Institute

The FINGER study

The world's first study to demonstrate the importance of lifestyle to prevent cognitive decline

- Led by Professor Miia Kivipelto
- Published in Lancet 2015
- Follow-ups during 11 years
- Research teams world-wide continue to adapt and test the model in different settings and populations



Photo: Bruno Ehrs

The FINGER study

- 1,260 participants, aged 60-77, with increased risk of dementia
- Randomized into one intervention group and one control group
- Intervention group: two-year program of interventions within the five lifestyle domains
- Control group: ordinary health advice

Intervention group compared to control group

Overall cognition
25%
greater improvement

Executive function
83%
greater improvement

Complex memory tasks
40%
greater improvement

Processing speed
150%
greater improvement

The FINGER study,
Ngandu, Kivipelto et al., Lancet 2015

The FINGER model

Coordinated multidomain lifestyle measures can reduce the risk of cognitive decline and dementia

- Healthy diet
- Physical activity
- Cognitive training
- Social activities
- Control of cardiovascular health

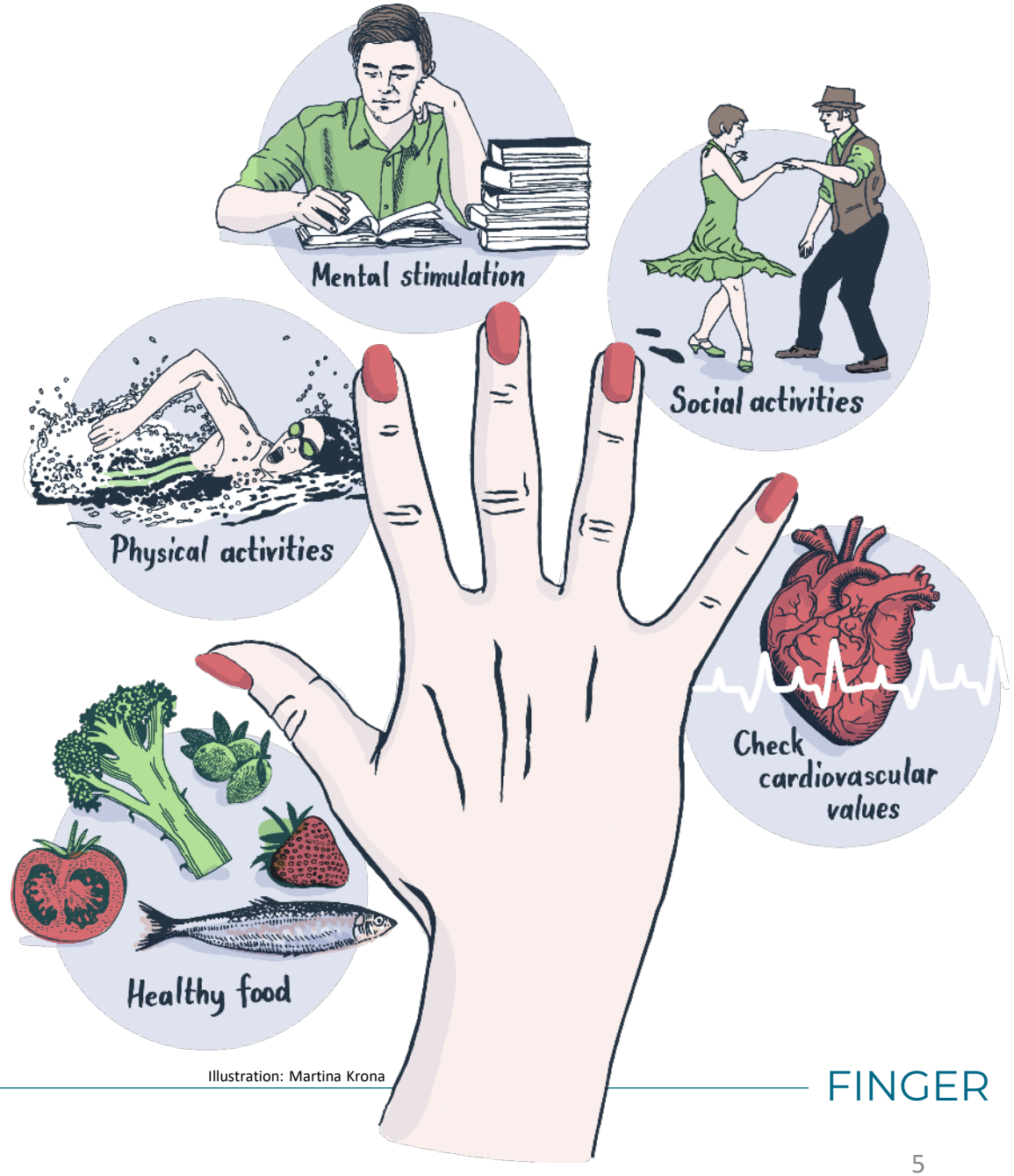


Illustration: Martina Krona

Healthy diet

- Nutritious and varied
- Based on the Nordic Nutrition Recommendations
- Resembles the Mediterranean diet (clear associations between diet and low risk of cardio-vascular disease and cognitive decline)
- What is good for your heart is also good for your brain

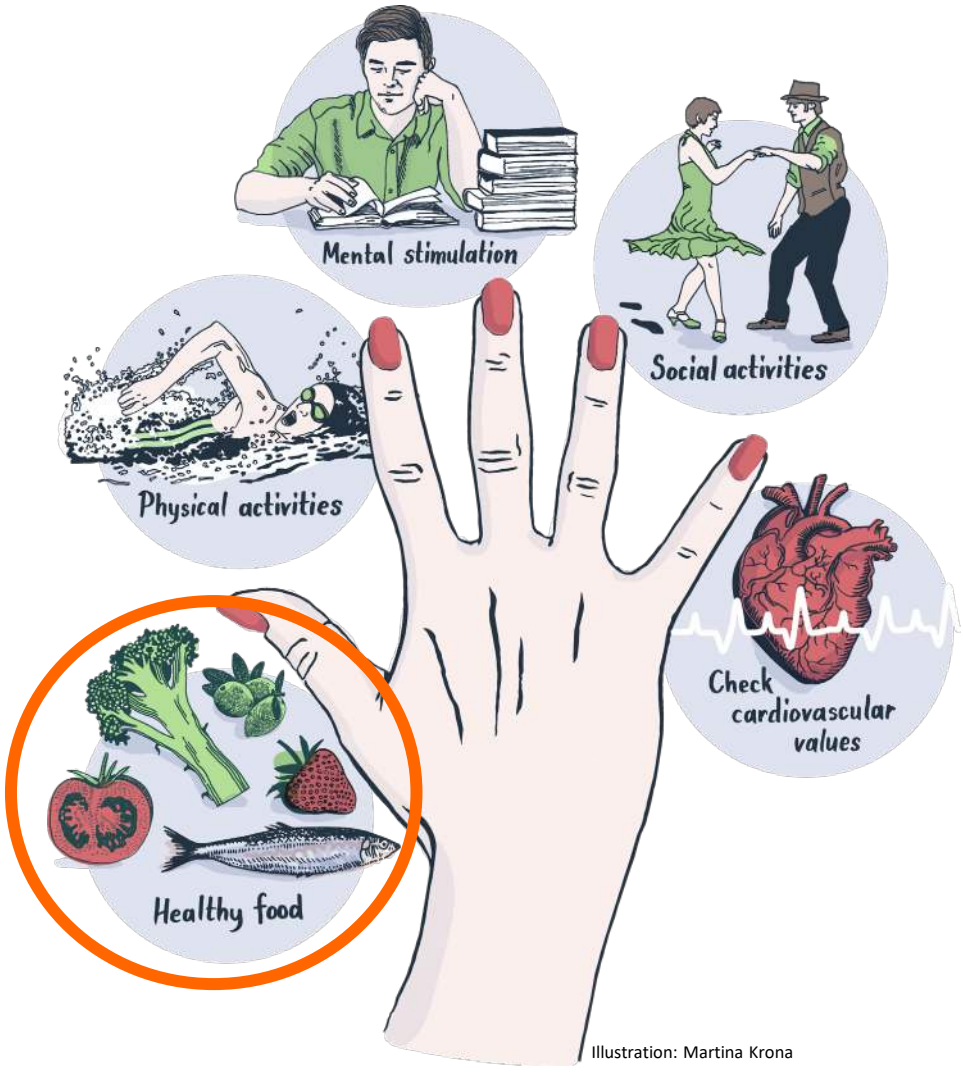


Illustration: Martina Krona

Healthy diet

Be sparing with charcuterie, red meat, and sugar.

Some chicken, eggs and dairy products.

Fish and seafood several times per week.

Water is the best drink with meals.

Base: Vegetables, legumes, root vegetables, berries, fruit, whole grains, nuts and seeds. Oil is the best fat.

A foundation of movement, recovery, and community around cooking and meals.



Illustration: Martina Krona, from the book ”Brain health at your finger tips” (Miia Kivipelto, Mai-Lis Hellénius)

Physical activity

- Important for mental and physical health
- Should include cardio, balance, and strength training
- Anti-inflammatory effects on brain and whole body
- Reduces risk for cardiovascular disease and cognitive decline



Illustration: Martina Krona

Physical activity

Strength training 2-3 times per week

Intense training 150-300 minutes per week. All muscle groups should be activated and the training be distributed over the week.

Base: Daily activities like walking, cleaning, gardening, playing with kids, climbing stairs



Avoid sitting for long periods of time

Illustration: Henrietta Nyvang, from the book ”Brain health at your finger tips” (Miia Kivipelto, Mai-Lis Hellénius)

Brain training

- Your brain can and should be trained throughout life
- Mental stimulation (at all ages) reduces the risk of cognitive decline and dementia
- Brains are adapatable: We can strengthen our cognitive reserve at any age

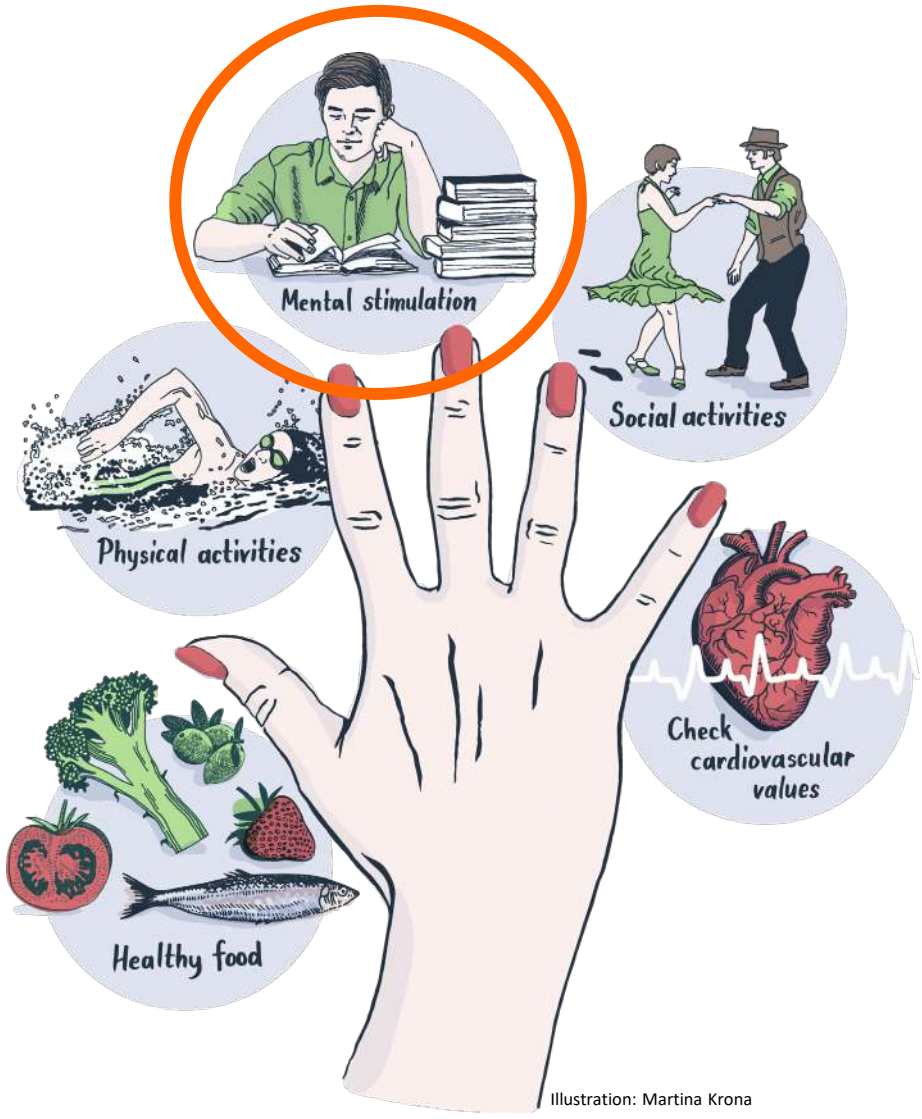


Illustration: Martina Krona

Brain training

- Education, occupation, and leisure activities are important factors
- Games, puzzles, and crosswords
- Attend a course, read books, go to the theater or museums
- Join a club or association
- Build or construct things
- Have conversations



Memory strategies can be very helpful.

Social activities

- Our brains are stimulated by social activities and engagement
- Feel that we belong
- *Close* friendships and connections are more important than *many* connections

We also need recovery and sleep. Find *your* way of winding down and resting.

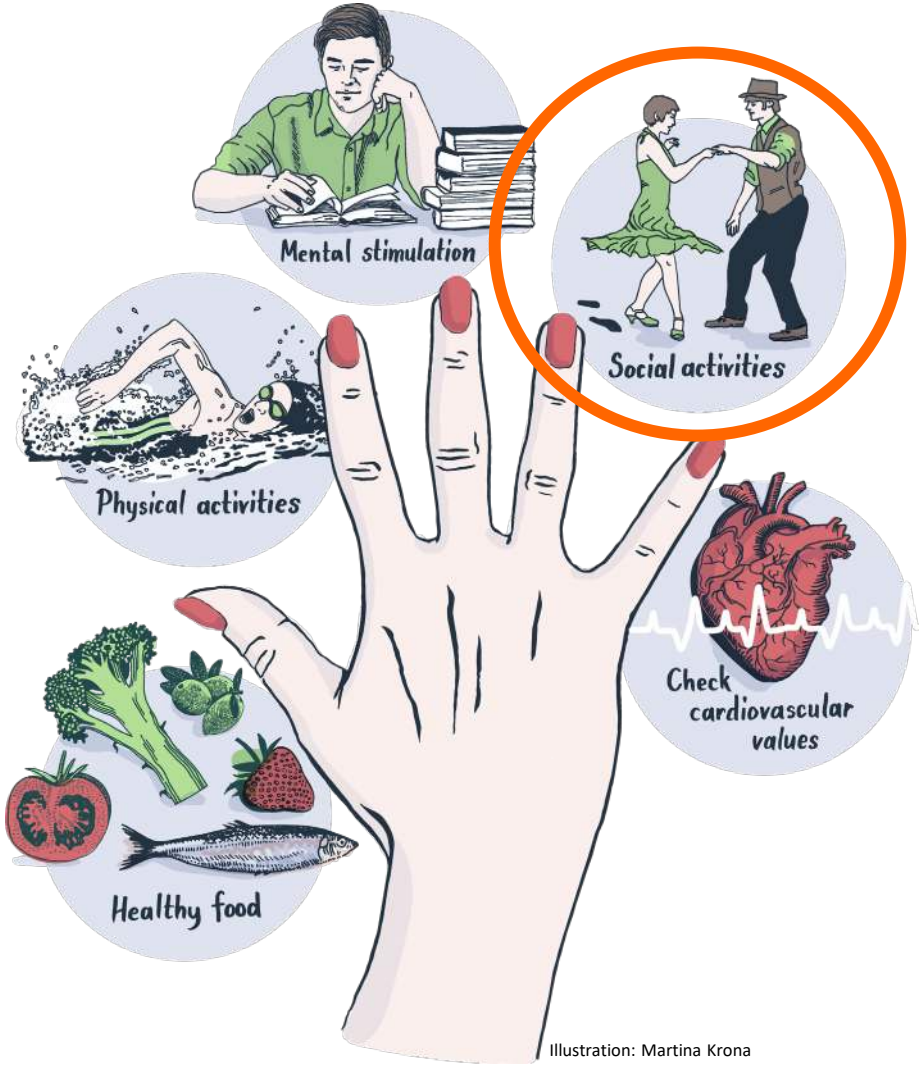


Illustration: Martina Krona

Social activities

If you wish to socialize more…

- Find new friends through hobbies or clubs?
- Voluntary work?
- Deepening existing relations?



Control of cardiovascular health

- Monitor blood pressure, cholesterol, blood glucose, and body weight
- Deviating values should be treated, regardless of age
- No smoking!

What is good for your heart is good for your brain

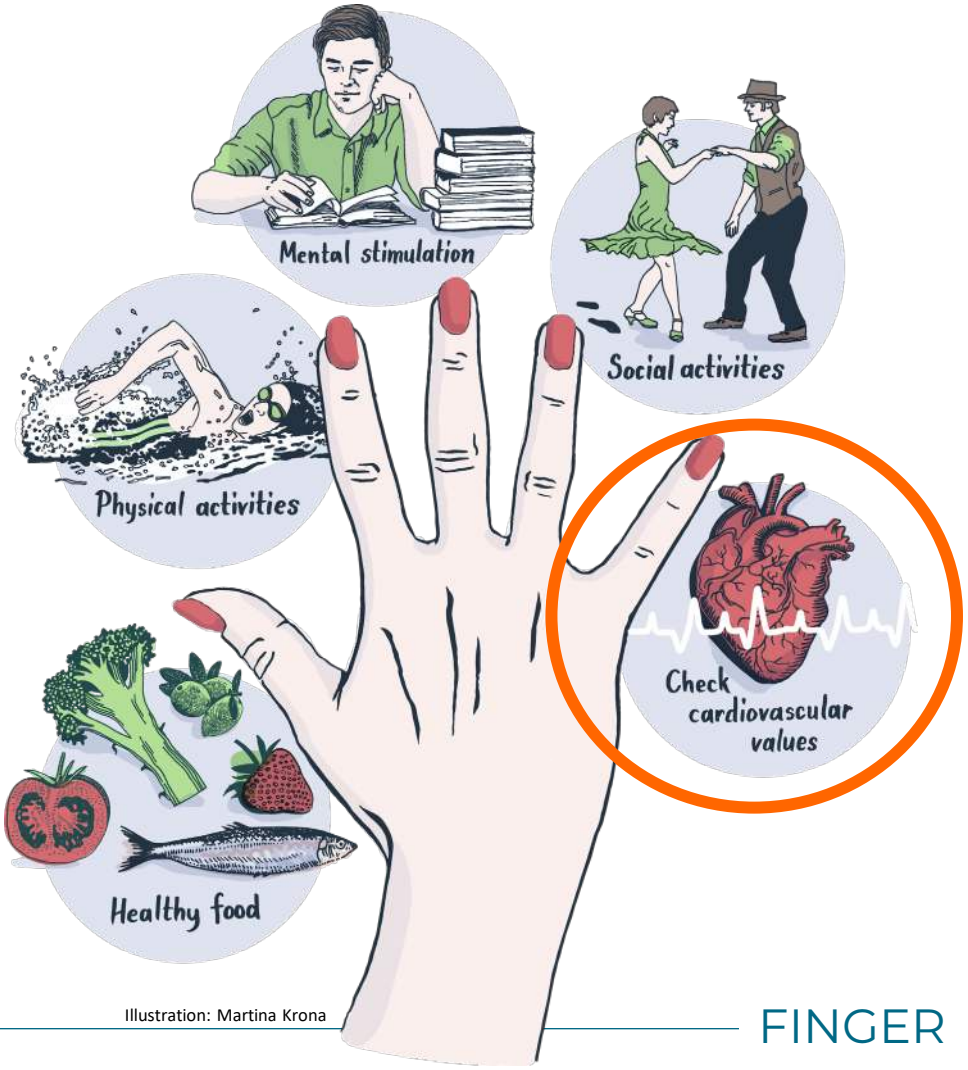
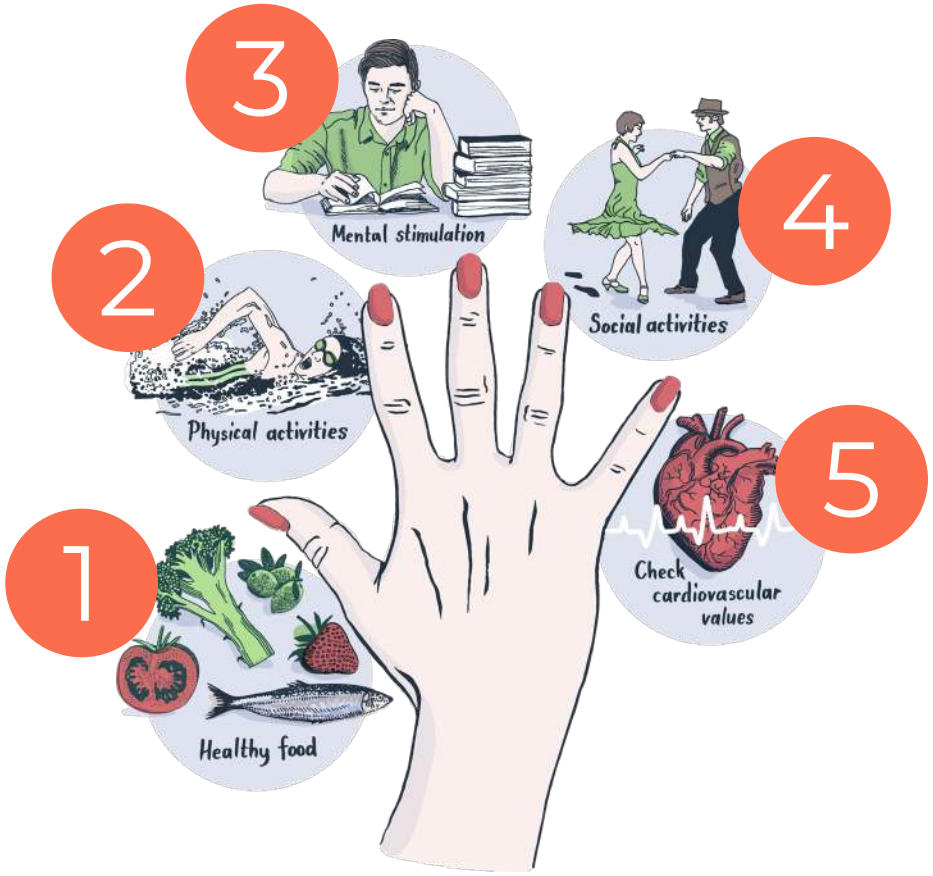


Illustration: Martina Krona

FINGER

All “fingers” every day



It is never too early and never too late

Illustration: Martina Krona

FINGER

FINGER abc

- Online education platform for the public
- FINGER model:
  Animations, videos with experts, and text content
- Available in Swedish on demenscentrum.se
- English and Finnish to be released in 2025
- Free access



Svenskt Demenscentrum

FINGERS® BRAIN HEALTH INSTITUTE

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Illustration: Mathias Ala-Kojola

Thank you!


Mental stimulation
Social activities
Physical activities
Check cardiovascular values
Healthy food