

Healthy Living for your Brain and Body

Tips from the Latest Research



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Learning Objectives:

- Identify the reasons for taking care of yourself as you age
- List strategies to age well in the following areas:
 - Physical health and exercise
 - Diet and nutrition
 - Cognitive activity
 - Social engagement
- Make your own plan for healthy aging using the *Healthy Living for Your Brain and Body: Tips from the Latest Research* workbook

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Aging and Health

Aging well depends on your:

- Genes
- Environment
- Lifestyle

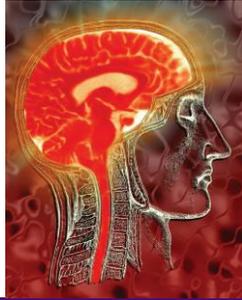
Lifestyle choices may help keep your body and brain healthy.



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The Brain

- The brain is the control center of the body
- There are 100 billion nerve cells, or neurons, creating a branching network
- Signals traveling through the brain form memories, thoughts and feelings
- Alzheimer's disease destroys brain cells



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The Heart-Brain Connection

The heart and brain are interrelated
What you do to protect your heart can also help your brain continue to operate at its best.

The brain needs blood flow
The brain depends on oxygen and adequate blood flow to work well. 25% of blood from every heartbeat goes to the brain.



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Alzheimer's and Dementia

Dementia is caused by many different diseases and conditions. It is not part of normal aging.

Alzheimer's disease is most common cause of dementia.

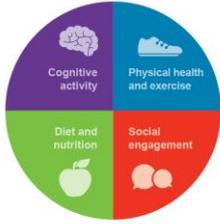
Risks for Alzheimer's and dementia include:

- Age
- Genetics
- Head injury
- Cardiovascular factors
- Fewer years of formal education

Therapies for Alzheimer's can treat symptoms for a time, but **they cannot cure, prevent or even slow disease progression.**

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Taking Care of Yourself as you Age



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Physical Health & Exercise



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What we know:

- Cardiovascular activity may reduce your risk of cognitive decline.
- Regular and vigorous exercise leads to increased blood flow – other physical activities may also yield benefits.
- There is no single "recipe" for brain health.



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Physical Health & Exercise

What we can do:

- Do something you like
- Start out small
- Move safely
- Get your heart rate up
- Ask friends to join you
- Check with your doctor before you start

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Physical Health & Exercise

What we can do

- Stop smoking
- Avoid excess alcohol
- Get adequate sleep
- Avoid head injury
- Manage stress
- Treat depression
- Visit your doctor regularly

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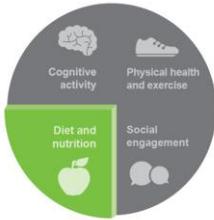
Physical Health & Exercise

What we can do:

- Monitor numbers and take action
 - Blood pressure
 - Blood sugar
 - Weight
 - Cholesterol

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Diet & Nutrition



What we know:

- What's good for the heart may also be good for the brain.
- Nutritious food is fuel for the brain.
- Following some dietary guidelines can reduce your risk of heart disease, cancer, Parkinson's disease, Alzheimer's disease, stroke and diabetes.

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Diet & Nutrition

What we can do:

EAT:

- Vegetables
- Fruits
- Nuts, beans and whole grains
- Lean meats, fish and poultry
- Vegetable oils

AVOID:

- Saturated/ trans fats
- Processed foods
- Solid fat, sugar and salt
- Deep-fried food
- Unhealthy fast foods

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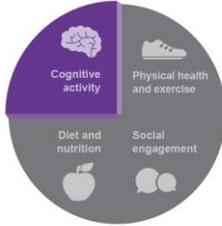


Diet & Nutrition

What we can do:

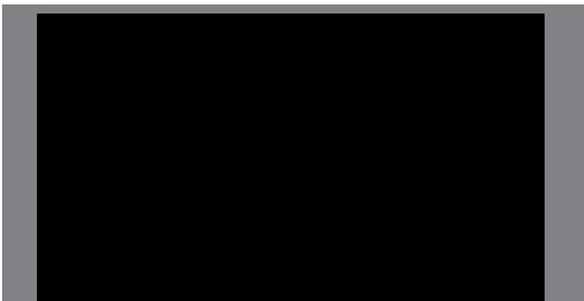
- Consult reputable sources about:
 - Dietary supplements
 - Vitamins
- The World Health Organization (WHO) concluded that vitamins and supplements should not be recommended to reduce the risk of cognitive decline and dementia.
- Work with your doctor

Cognitive Activity



What we know:

- Keeping your mind active forms new connections among brain cells.
- Cognitive activity encourages blood flow to the brain.
- Mentally stimulating activities may possibly maintain or even improve cognition.
- Engaging in formal education will keep your brain healthy and can provide protection against developing dementia.





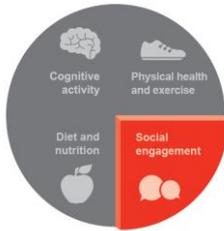
Cognitive Activity

What we can do:

- Read books and articles that challenge and inspire you
- Complete puzzles and play games that are challenging for you
- Learn new skills or hobbies
- Engage in ongoing learning

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Social Engagement



What we know:

- Social engagement is associated with living longer with fewer disabilities.
- Staying engaged in the community offers you an opportunity to maintain your skills.
- Remaining both socially and mentally active may support brain health and possibly delay the onset of dementia.

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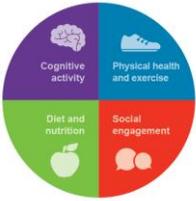
Social Engagement

What we can do:

- Visit with friends and family
- Engage with others
- Stay involved in the community
- Volunteer outside the home
- Join a group or club

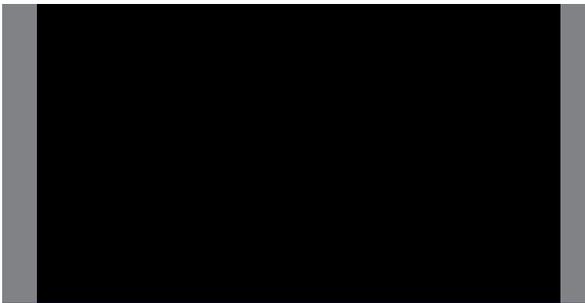
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Putting all four pieces together



- Take care of your **HEALTH**
- Get **MOVING**
- **EAT** right
- Keep your **MIND** active
- Stay **CONNECTED** with others

Combine all four to achieve maximum benefits!



What you can do NOW:

- Begin today
- Start small and build
- Do what you enjoy and stick with it
- Make healthy choices
- Make a plan
- Get support from others
- Have fun



Be a savvy consumer:

- If it's too good to be true – it's probably *not* true!
- Be cautious when you hear huge promises or reports of miracle cures.
- Do thorough research.
- Consult trusted, reputable professionals:
 - Your doctor
 - Your local pharmacist
 - The Alzheimer's Association



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24/7 Helpline

- Free Service
- Available around the clock, 365 days a year
- Helpline specialists and master's level clinicians offer confidential support and information
- Bilingual staff and translation service in over 200 languages
- Live Chat available
- TTY Service 866.403.3073



24/7 Helpline
800.272.3900

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Virtual Programs

- Free online e-learnings available at www.alz.org
 - 10 Warning Signs
 - Understanding Alzheimer's and Dementia
 - Dementia Conversations
 - Effective Communication Strategies
 - Legal and Financial Planning
 - Understanding and Responding to Dementia-Related Behaviors
 - And more!



We have transitioned in-person support groups and education programs to virtual platforms during COVID-19 pandemic

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Questions?

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