healthy living for your brain and body
tips from the latest research

Program overview

• 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

Aging and health

• Aging well depends on your:
  – Genes
  – Environment
  – Lifestyle
• Lifestyle choices may help keep your body and brain healthy
The brain and how it works

- 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

Heart-brain connection

- 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

Dementia and Alzheimer’s

- 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
- Known risks for Alzheimer’s includes age, genetics, head injury, cardiovascular factors and fewer years of formal education
- Therapies for Alzheimer’s can treat symptoms, but cannot cure, prevent or even slow disease progression
Taking care of yourself as you age

Physical health and exercise

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
Woodley discusses developing exercise as a habit in his life.

Physical health and 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

Physical health and exercise

What we can do

• Stop smoking
• Avoid excess alcohol
• Get adequate sleep
• Avoid head injury
• Manage stress
• Treat depression
• Visit your doctor regularly
**Physical health and exercise**

**What we can do**
Monitor numbers and take action
- Blood pressure
- Blood sugar
- Weight
- Cholesterol

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**Diet and 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
### Diet and nutrition

**What we can do**

<table>
<thead>
<tr>
<th><strong>EAT</strong></th>
<th><strong>AVOID</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Saturated/trans fats</td>
</tr>
<tr>
<td>Fruits</td>
<td>Processed foods</td>
</tr>
<tr>
<td>Nuts, beans and whole grains</td>
<td>Solid fat, sugar and salt</td>
</tr>
<tr>
<td>Lean meats, fish and poultry</td>
<td>Deep-fried foods</td>
</tr>
<tr>
<td>Vegetable oils</td>
<td>Unhealthy fast foods</td>
</tr>
</tbody>
</table>

**What we can do**

- Consult reputable sources about:
  - Dietary supplements
  - Vitamins
- 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

David Bennett, MD, is the Director of the Rush Alzheimer’s Disease Center in Chicago.
**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

**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
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

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

William Thies, Ph.D., is the Senior Scientist in Residence in the Medical and Scientific Relations Department of the Alzheimer’s Association’s National office.
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

Contact us – we can help

alz.org
• Alzheimer’s Navigator
• Community Resource Finder
• ALZConnected
• Alzheimer’s and Dementia Caregiver Center
• Safety Center

alz.org/findus
• Support groups, education programs and more available in communities nationwide

training.alz.org
• Free online education programs available at training.alz.org

800.272.3900
• 24/7 Helpline – Available all day every day

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Get involved

WALK TO END ALZHEIMER'S

The Longest Day

advocate

volunteer

Additional resources

Programs in community
- Local Area Agency on Aging
- Local senior centers
- Community park programs
- Local health clubs, YMCAs and YWCAs

National resources
- National Institutes of Health/ National Institute on Aging
  - "What’s on Your Plate?"
  - "Go4Life"
- Administration on Community Living
  - "Brain Health as You Age"
- U.S. Department of Agriculture: Cooperative Extension System
- Centers for Disease Control and Prevention

Questions?

Alzheimer’s Association
We’re here. All day, every day.
24/7 Helpline: 800.272.3900
alz.org®