

BRAIN HEALTH

7 Tips for Successful Aging

1. Successful Aging Starts at a Young Age...and Continues Through Old Age



2. CONTROL RISK FACTORS for Alzheimer's Disease

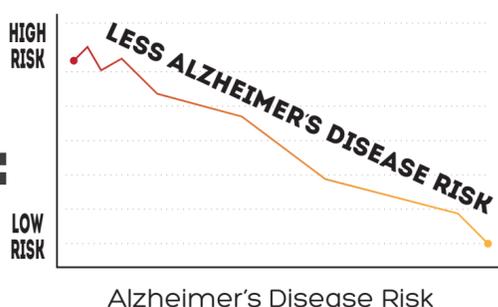
- Diabetes • Obesity • Depression
- Heart Disease • High Blood Pressure

3. THE EVIL THREE: POOR DIET, INACTIVITY, SMOKING

ELIMINATING:



= 80% LESS =
Heart Disease, Stroke, Type 2 Diabetes



(Source: U.S. Centers for Disease Control and Prevention)

4. GOOD FOR THE HEART IS GOOD FOR THE BRAIN
NOURISH

Your Body

- No Couch Potatoes Allowed! (i.e., 30-minute walk daily, aerobics, weight training)
- No Smoking
- Trim Is In (i.e., avoid obesity, balanced diet)
- Take Daily Vitamins
- Limit Alcohol

Your Mind

- Do Mental Exercises (i.e., puzzles, board games)
- Learn New Skills (i.e., foreign language, chess)

Your Soul

- Healthy Attitude
- Socialize (i.e., eat with others, volunteer)
- Spirituality/Religious Involvement
- Manage Stress (i.e., yoga, deep breathing)
- Laugh

Say **YES** to:

- Colorful, Dark-Skinned Fruits/Vegetables
 - Vitamin E Rich (i.e., blackberries, spinach)
 - Beta-Carotene Rich (i.e., broccoli, sweet potato)
- Whole Grains
- Omega-3 Fatty Acids (i.e., salmon, sardines)
- Antioxidants (i.e., blueberries, walnuts)



Say **NO** to:

- Red Meats • Saturated Fats • Salt • Added Sugars
- Fried Foods • Processed Foods • Trans-Fatty Acids



6. SEE YOUR DOCTOR REGULARLY

Medicare Preventive and Screening Benefits:

- Cardiovascular Screenings
- Diabetes Screenings
- Depression Screenings
- Tobacco Use Cessation Counseling
- Medical Nutritional Therapy Services
- Detection of Cognitive Impairment

7. CAREGIVER CHECK-UP

(Source: Alzheimer's Foundation of America/Harris Interactive, 2012)

Due to Behavioral/Cognitive Symptoms of a Loved One With Alzheimer's Disease, Caregivers (Most Commonly):

(Source: Alzheimer's Foundation of America/Harris Interactive, 2012)

GIVE UP

Time With Friends/Family

- 43% behavioral
- 45% cognitive

Recreational Activities

- 39% behavioral
- 37% cognitive

SUFFER

- Fatigue
- Difficulty Sleeping
- Weight Gain
- Headaches
- Back Pain



MANAGE BY

- Talking to Someone
 - Friends • Human Resources Dept.
 - Clergy • Healthcare Professionals
- Doing Physical Activities
- Doing Mental Activities
- Getting Help
 - Family • Friends • Volunteers
- Going to House of Worship
- Using Relaxation Techniques