

Let's Begin

So...What do you already know?

- ◆ **List five things** you believe or know are good for your *heart* and your *health*...

1. _____

2. _____

3. _____

4. _____

5. _____

- ◆ **Star** the ones you do regularly and routinely!

Take a look at what is starred—this may be good news. You are already doing things that may protect your brain from Alzheimer's disease and other dementias.

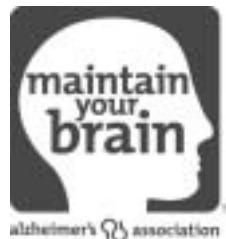
- ◆ **Next**—take a look at what is **not** starred.

These may be the things you want to "reconsider." Can you change your habits?

- ◆ **If so, you are on the road to a healthier brain and lifestyle.**

There is no scientific evidence that any of the following will help prevent dementia:

- ◆ Using hormone replacement therapy: estrogen/progesterone
- ◆ Avoiding aluminum cookware and beverage cans
- ◆ Taking non-steroidal, anti-inflammatory drugs.



Maintain Your Brain!
A Public Awareness Program
of the Alzheimer's Association

For more information, contact:

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alzheimer's  association™

Eastern North Carolina Chapter

Suggestions for Maintaining Your Brain...

***You May Reduce the Risk
of Getting Alzheimer's or
Related Disorders***

Eastern North Carolina Chapter

Providing support and services to 51 of
North Carolina's 100 counties—From the
Triangle to the Coast

Reducing Your Risk of Developing Alzheimer's Disease or Other Dementias

Exercise your Brain Regularly

Encourage your brain cells to form new connections or relationships between cells.

- ◆ Complete crossword puzzles, jumbles, or word searches, play complex card or board games, take classes or learn something unfamiliar, play a musical instrument, learn new skills or movements, dance with a partner, switch hands.

Exercise your Body Regularly

Approximately 100 minutes per week of aerobic activity are recommended to keep blood vessels in better health.

- ◆ Additional activities that enhance flexibility, coordination and endurance are helpful in promoting a sense of well-being and enhance movement skills.

Eat a Heart Smart Diet

Increase fresh fruits and vegetables (8-10/day), limit cholesterol and saturated or trans-fatty acids and sugar to foster a healthy heart and brain. Eat fish at least once a week.

- ◆ Substitute omega-3 fatty acids, fish oil, and pure vegetable oils—those without partially hydrogenated oils.
- ◆ Foods that are high in antioxidants and low in cholesterol and sugar help to control other health conditions that may increase the risk of dementia.

Take Vitamin E in combination with Vitamin C
400IU of E and 500mg of C have been implicated in reducing the risk of Alzheimer's in select populations.

- ◆ The **best way** to get vitamins E and C are in foods—green leafy vegetables, vegetable oils, wheat germ, nuts, cereals, and fruits like mangos & kiwi.

Keep your weight in normal range

Being overweight has been linked to Alzheimer's in women.

Control Iron Intake

Some people may need to limit iron intake.

- ◆ Too much iron can be related to Alzheimer's.

Take One Baby Aspirin a Day

Check with your doctor first. Aspirin may protect your heart and blood vessels but could be dangerous for some people.

Get Enough Sleep on a Regular Basis

Adults usually need 7-8 hours of sleep a night.

- ◆ Lack of sleep can lead to problems with thinking, decision-making and mood.

Maintain an active social support network

Spend time with people you enjoy on a regular basis.

- ◆ People with multiple, sustained social contacts have been shown to be somewhat less likely to develop dementia later in life.

Control your blood pressure, cholesterol and diabetes

When these conditions are not controlled, damage to tiny blood vessels can occur, causing mini-strokes or inflammation.

- ◆ Use cholesterol-lowering drugs to control lipid levels, if recommended.

Monitor Homocysteine Levels

Higher levels of this amino acid are associated with increased risk of stroke or Alzheimer's—talk to your doctor.

Get treatment for clinical depression

Seek help & take recommended medications.

- ◆ Evidence suggests people with episodes of untreated depression earlier in life are at a higher risk of developing Alzheimer's disease later in life.

Avoid Head Injuries

Wear seat belts and protective headgear during risky activities.

- ◆ Head injuries increase the risk of Alzheimer's.

Stop Smoking

Cigarette smoke contains many toxic chemicals.

- ◆ Smoking contributes to heart & blood vessel problems and can limit your activity level.

Take a look at these brains...

These two people were

- ◆ the same age
- ◆ the same gender
- ◆ the same physical size.



The difference is...

The person on the *right* had **Alzheimer's disease** and the person on the *left* did **not!**

We all want healthy brains!

Now that you have read the information shared...

- ◆ What will you change?
- ◆ Will you seek help to change?
- ◆ How will you schedule it into your life?

We can help. For more information, contact the Eastern North Carolina Chapter of the Alzheimer's Association...

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ALWAYS work with your health care professional to make sure these ideas will work for you!