

Brain Health

The Research is in!



There are many things you can do to maintain and improve your brain health as you age. Studies show that up to 40% of Alzheimer's disease and related dementias may be preventable or delayed by modifying lifestyle choices.

What are some simple changes you can make to improve your brain health?

- **SLEEP** 7-8 hours per night and treat any sleep disorders you may have.
- Follow a **DIET** such as the Mediterranean diet, the DASH diet, or the MIND diet. All of these diets are plant-based, low in saturated fats, red meat, and sweets. The MIND diet also includes foods that have been found to enhance cognitive health, such as green leafy vegetables and berries.
- Have your **HEARING** checked regularly, and use hearing aids if indicated. Those with untreated hearing loss have a 50% greater chance of developing dementia than those with normal hearing.
- **STAY PHYSICALLY ACTIVE.** Studies have shown that engaging in moderate exercise for 150 minutes per week can enhance cognitive function and prevent cognitive decline.
- **TREAT EXISTING ILLNESSES.** Diabetes, high blood pressure, and other existing illnesses left untreated can lead to cognitive decline.
- Keep your **MIND ACTIVE.** Research links higher levels of cognitive leisure to lower levels of dementia. Reading, writing, putting together puzzles, doing crosswords, being attentive to radio and television shows, doing crafts, learning new things, or playing an instrument can all make a difference.
- **LOWER YOUR STRESS.** Consider ways to reduce stress in your life; practice mindfulness, yoga, spirituality, therapy, and/or treatment of mental health issues to lessen the impact of stress on your health.

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