

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



3

alzheimer's association®

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

4

alzheimer's association®

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

5

alzheimer's  association®

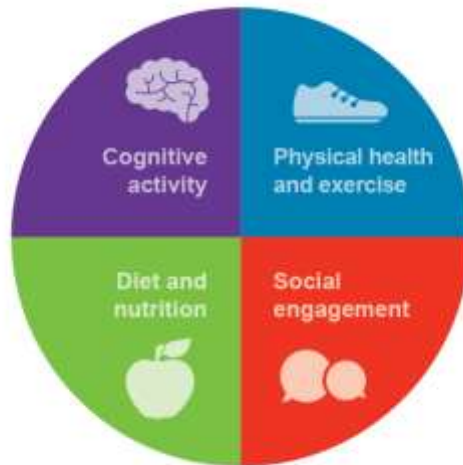
Dementia and Alzheimer's

- 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

6

alzheimer's  association®

Taking care of yourself as you age



7

alzheimer's association®

Physical health and exercise



8

alzheimer's association®

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

9

alzheimer's association



 Woodley discusses developing exercise as a habit in his life.

alzheimer's association

10

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



11

alzheimer's association

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



12

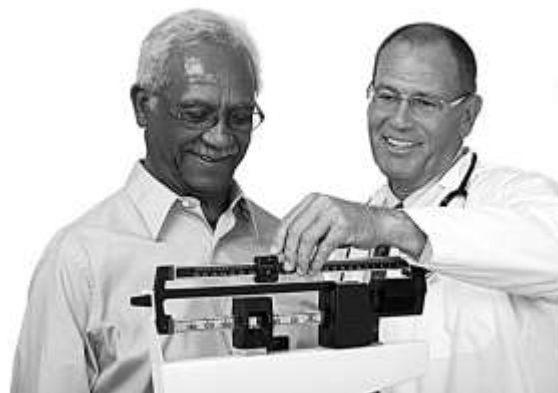
alzheimer's association

Physical health and exercise

What we can do

Monitor numbers and take action

- Blood pressure
- Blood sugar
- Weight
- Cholesterol



13

alzheimer's association

Diet and nutrition



14

alzheimer's association

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

15

alzheimer's  association



Martha Clare Morris, Sc.D., is the Director of the Section of Nutrition and Epidemiology in the Department of Internal Medicine at Rush University.

16

alzheimer's  association

Diet and 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 foods
- Unhealthy fast foods

17

alzheimer's association

Diet and nutrition

What we can do

- Consult reputable sources about:
 - Dietary supplements
 - Vitamins
- Work with your doctor



18

alzheimer's association

Cognitive activity



19

alzheimer's association

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

20

alzheimer's association



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




21

Cognitive activity


healthy living for your brain and body

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



22



Social engagement



23

alzheimer's association

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

24

alzheimer's association

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



25

alzheimer's association

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

26

alzheimer's association



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.



27

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



28



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

29

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



800.272.3900

- 24/7 Helpline – Available all day every day



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

30

alzheimer's association®

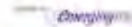
Get involved



volunteer



advocate



31

alzheimer's association

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

32

alzheimer's association

healthy living for your brain and body

Questions?

Alzheimer's Association

We're here. All day, every day.

24/7 Helpline: 800.272.3900

alz.org®

35

alzheimer's  association®

alzheimer's  association®

This program is the property of the Alzheimer's Association and its contents may be used only by its authorized training staff and licensed representatives of the Association for presentations of "Healthy Living for Your Brain and Body: Tips from the Latest Research." It may not be reproduced or used for any other purpose without the prior written consent of Alzheimer's Association. © 2014 Alzheimer's Association. All rights reserved.

All photos contained in this program are being used for illustrative purposes only; any person depicted therein is a model.

34