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:
- Poor Diet
- Inactivity
- Smoking = 80% Less Alzheimer's Disease Risk

4. GOOD FOR THE HEART
- No Couch Potatoes Allowed!
- No Smoking
- Take Daily Vitamins
- Trim Is In
- Healthy Attitude

5. EAT SMART
- 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)
- Red Meats
- Saturated Fats
- Salt
- Added Sugars
- Fried Foods
- Processed Foods
- Trans-Fatty Acids

6. SEE YOUR DOCTOR REGULARLY
- Cardiovascular Screenings
- Diabetes Screenings
- Depression Screenings
- Tobacco Use Cessation Counseling
- Medical Nutritional Therapy Services
- Detection of Cognitive Impairment

7. CAREGIVER CHECK-UP
Due to Behavioral/Cognitive Symptoms of a Loved One With Alzheimer's Disease, Caregivers (Most Commonly):
- Time With Friends/Family - 43% behavioral
- Recreational Activities - 30% behavioral
- 37% cognitive
- Fatigue
- Difficulty Sleeping
- Headaches
- Rack Pain
- Talking to Someone - 43%
- Human Resources/Dept. - 39%
- Career - 37%
- Recreational Activities - 39%
- Being Physical Activities
- Being Mental Activities
- Getting Help
- Family
- Friends
- Volunteers
- Going to House of Worship
- Using Relaxation Techniques

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