

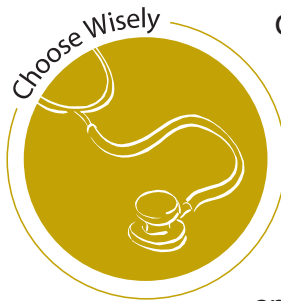
Taking Charge of Your Brain Health

Choose Wisely

The human brain, sometimes called the “3 pound universe within,” is one of your most vital organs. It plays a role in every action and every thought and just like the rest of your body, it needs to be looked after. By making healthy lifestyle choices now, you may be able to reduce your risk of developing Alzheimer’s disease and improve your brain’s ability to sustain long-term health.

This sheet is part of a series that provides practical action steps, based on current research, which you can take to improve your brain health. Will it prevent Alzheimer’s disease?

There are no guarantees, but healthy lifestyle choices will help keep your brain as healthy as possible as you age. And since a healthier brain can withstand illness better, it’s important to take action on the things you can control -- lifestyle choices.



Our ability to retain life-long brain health is very much influenced by the choices we make in our daily lives. Research has found that outside of aging, the most influential factors in determining one's susceptibility to Alzheimer’s disease are lifestyle and environmental factors.

Therefore, it is very important to pay attention to our basic health and lifestyle choices.

**Heads
Up for
Healthier
Brains**

Alzheimer *Society*



Take Action to Choose Wisely

- Avoid harmful habits such as smoking, recreational drug use and excessive alcohol consumption.
- Track your health numbers: Keep your blood pressure, cholesterol, weight and blood sugar within recommended ranges. If you have diabetes, it is important to manage it well. All of these issues increase your risk for Alzheimer's disease.
- See your doctor regularly. Your doctor is an important partner in maintaining your health. Have regular checkups and address specific health concerns including diet and physical activity.
- Get adequate sleep - sleep deprivation can significantly impair your memory, mood and function.

Note: Your abilities, health situation and interests should be taken into consideration when choosing brain healthy activities. If you have questions about your own situation, speak to your doctor or health-care provider.

See the following sheets in the Taking Charge of Your Brain Health series: Challenge Yourself, Be Socially Active, Make Healthy Food Choices, Be Physically Active, Reduce Stress, Protect Your Head. Also available is a reference list of studies regarding Alzheimer's disease and brain health.

Find out more - www.alzheimer.ca or contact your local Alzheimer Society:

Alzheimer *Society*

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