





WHAT IS GOOD FOR
THE BRAIN?



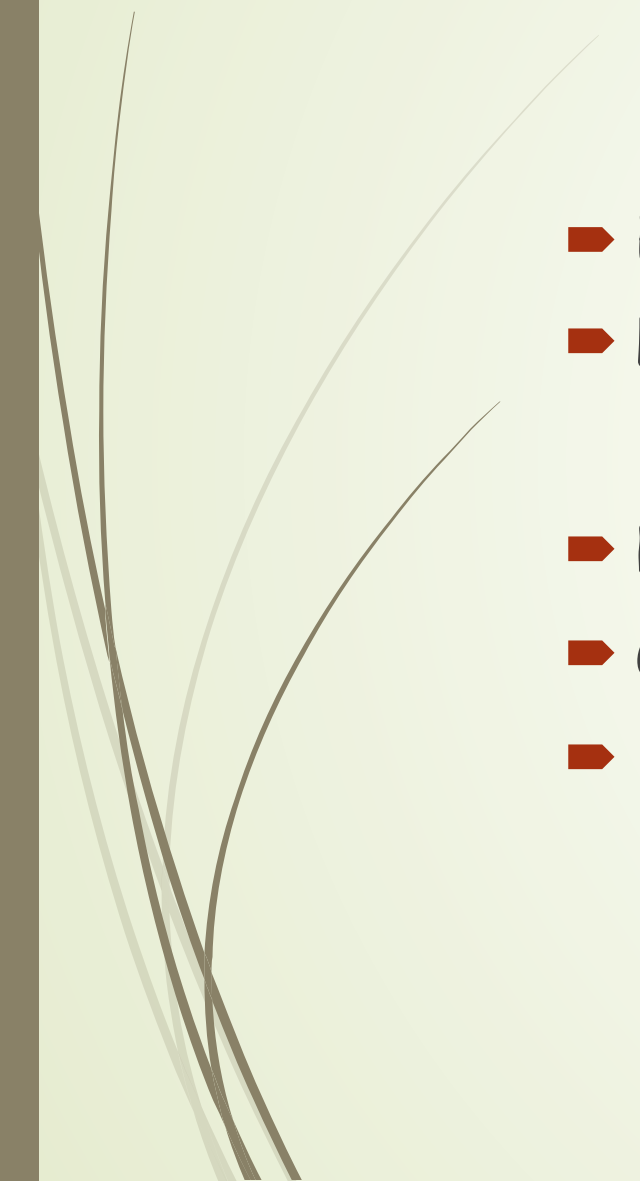
Risk Factors

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- Age
 - Genetics
 - Environment
 - Lifestyle
- Brain changes occur 10-20 years prior to symptoms



Age

- ▶ Early onset Alzheimer's - 30's, 40's, 50's
 - ▶ Late onset - 60's, 70's, 80's

 - ▶ Risk doubles every 5 years after age 65
 - ▶ Growing old is our greatest RISK FACTOR
 - ▶ Baby Boomers within this demographic
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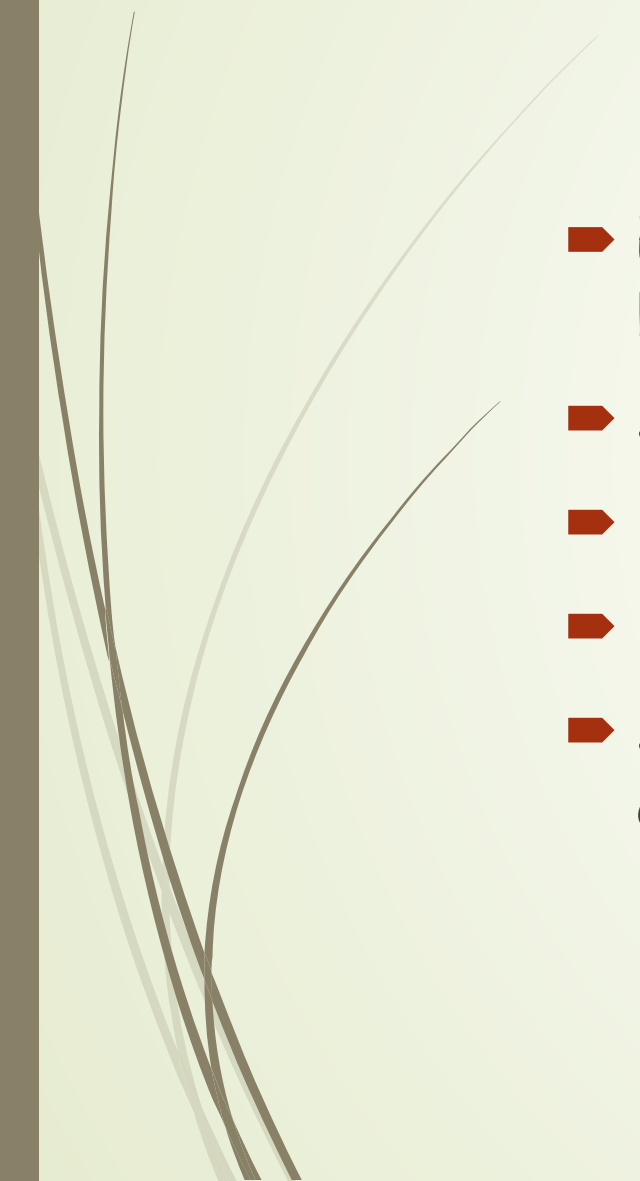
Genetics




- Links in both early onset and late onset
- Early onset - caused by mutations in 1 of 3 known genes from parents
- Only 5% of those who develop Alzheimer's disease
- Late onset - One gene *APOE3* increases risk
- Present in 25% to 30% of population
- Does NOT mean the development of Alzheimer's or dementia
- Genetic testing cannot predict who will develop the disease




Let's take a look.....

- Exercise: What is good for the heart is good for the brain
 - Sleep: Get 7 to 8 hours per night
 - Diet: Examine what and how you eat
 - Keep moving: socially, intellectually
 - Stress management: Examine daily life and evaluate what causes stress
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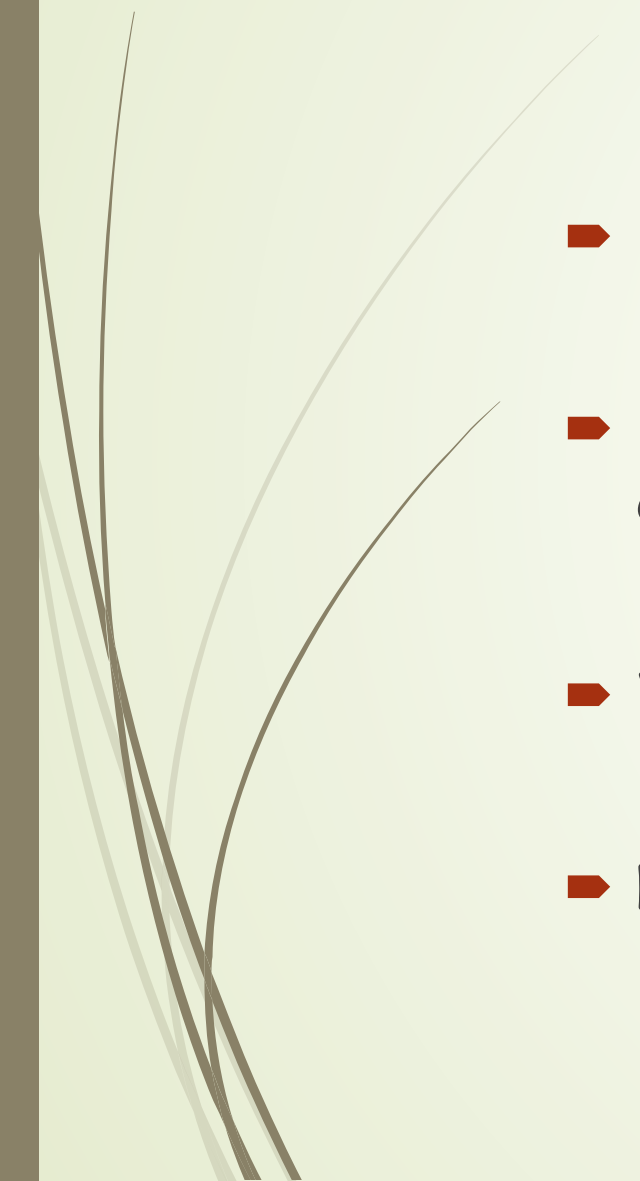


Exercise

- ▶ What is good for the heart is good for the brain, correlation to health
 - ▶ Stimulates the brain's ability to maintain old network connections and create new ones
 - ▶ Raises level of nerve growth in memory and learning centers
 - ▶ Exercise helps slow down and/or stop inflammation
 - ▶ Exercise builds new stem cells
 - ▶ Creates nerve cell connection in the memory center
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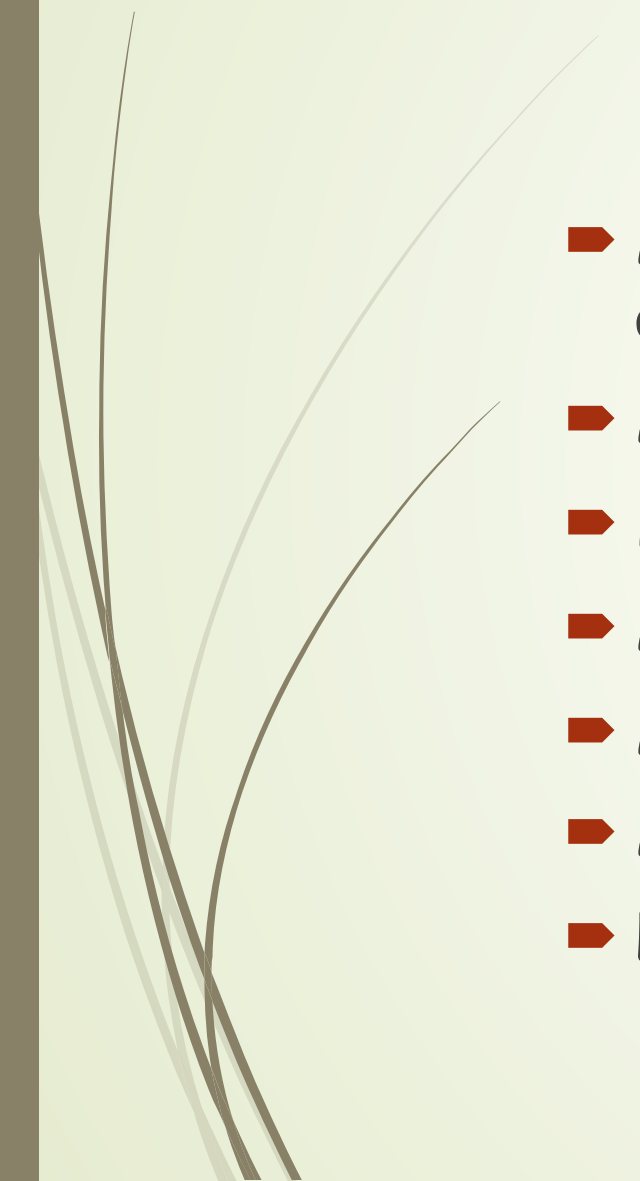


Sleep

- Deep sleep - time the brain cleans and clears toxins
 - During deep sleep the brain does NOT make amyloid that contributes to the plaques that affect our brains and memory
 - We should strive for 7 to 8 hours per night
 - Napping during the day can be helpful
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Diet

- Mediterranean Diet proven useful for good general health and as a preventive
 - More fiber: whole grains
 - Healthy oils: olive most commonly used
 - More fruits
 - More nuts: walnuts well known to be beneficial
 - More fish and/or vegetarian
 - Less red meat
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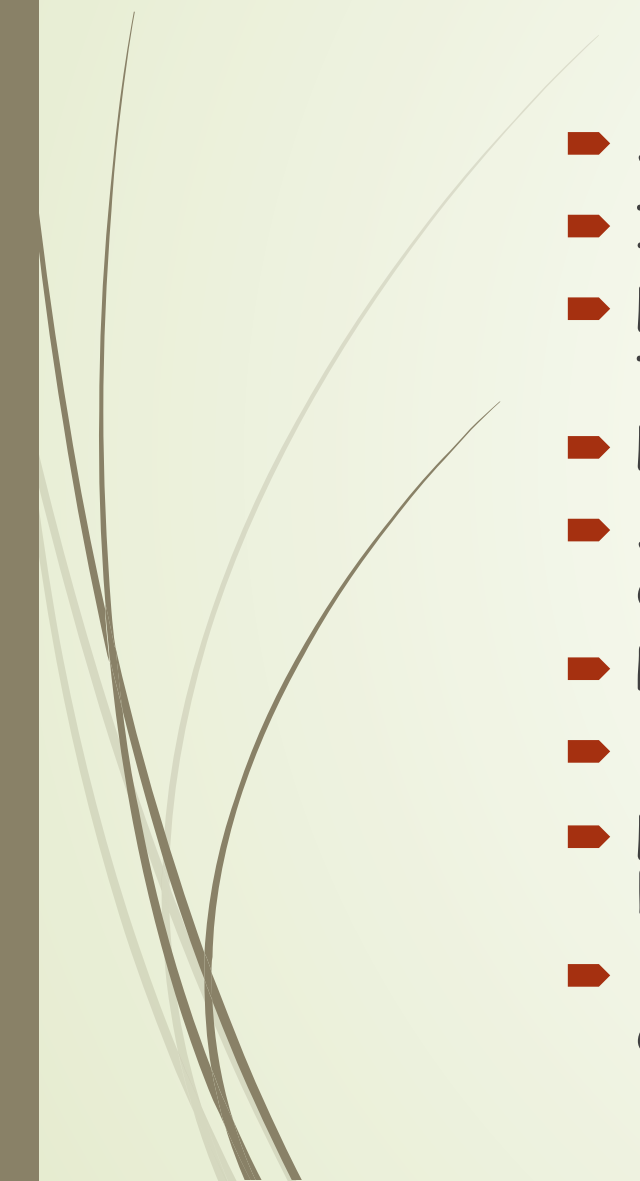


Chronic Health Conditions

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- Increased RISK of Alzheimer's disease and other dementias and cognitive decline
 - Vascular disease
 - High Blood Pressure
 - Heart disease
 - Type-2 Diabetes
 - Obesity
 - Smoking
 - Depression

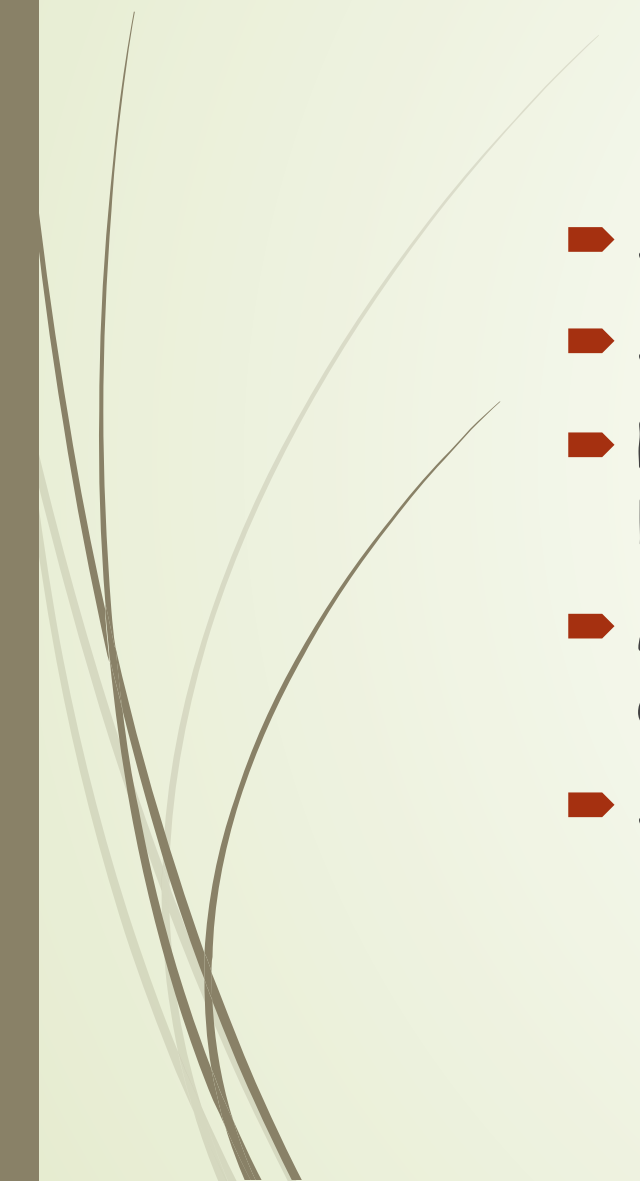



Keep Moving

- Stay socially active, avoid isolation
 - Intellectually active
 - Learn NEW things - this makes new connections (synapses) in the brain
 - Learning one new word in foreign language per day
 - Staying active mentally strengthens existing synapses/connections
 - Play a musical instrument for 5 minutes a day
 - Dementia = loss of synapses
 - Learning new vs. simple brain activities (brain games) much better
 - Brain games DO keep the brain active just doesn't make new connections
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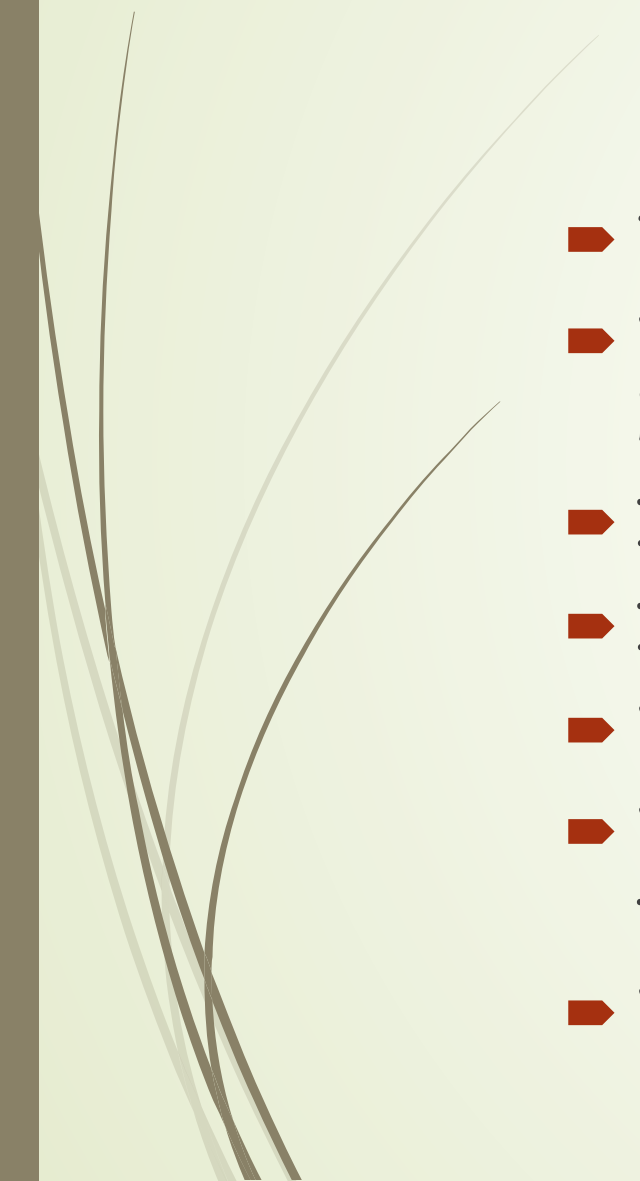


Stress Management

- Stress causes inflammation
 - Stress creates toxic brain cells
 - Relaxation releases built-up energy from the body and brain
 - Meditation, even 10 minutes, affects the bio-markers for dementias
 - Stress reduction assists the body in self-repair
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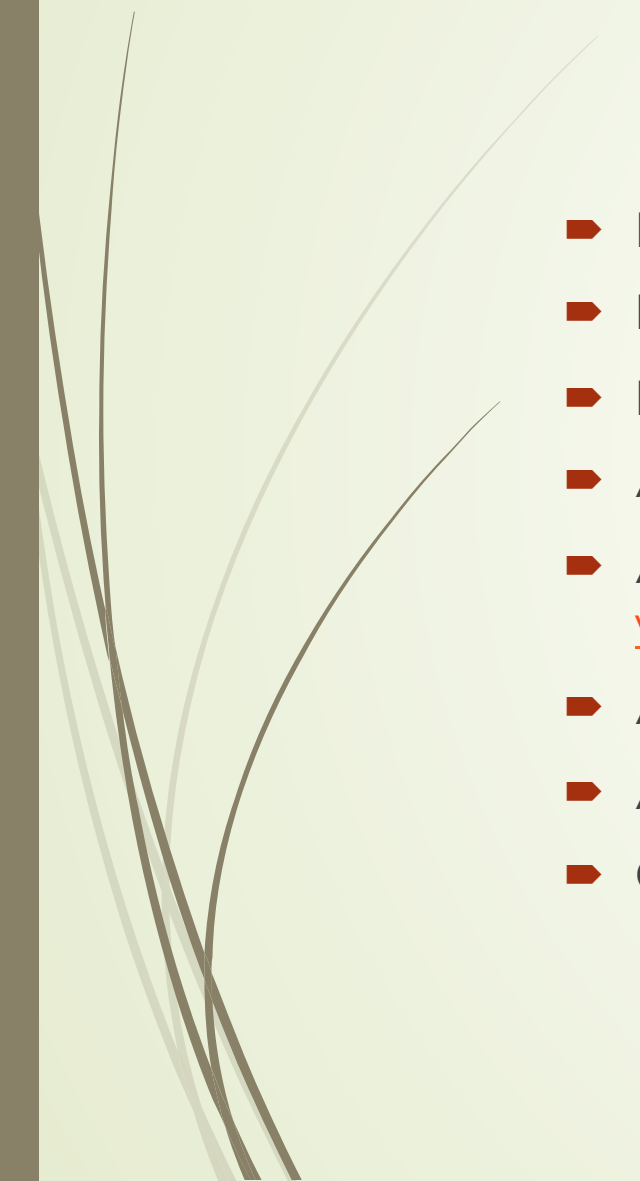


And So In the End: USE IT OR LOSE IT

- There are many things that ARE in our control.
 - We must be proactive and an advocate for our own GOOD health
 - It's not rocket science
 - It's not beyond our ability
 - We can choose a healthier lifestyle
 - We are making time in the hope that science will unravel the mystery that is the brain
 - WE CAN DO IT!
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More Information...

- Rudy Tanzi, Ph.D
 - Dr. Will Mitchell, theunbreakablebrain.com
 - National Institute on Aging, www.nia.gov
 - Alzheimer's Resource of Alaska
 - Alzheimer's Disease Education and Referral Center, www.nia.nih.gov/alzheimers
 - Alzheimer's Association, www.alz.org
 - Alzheimer's Foundation of America, www.alzfdn.org
 - Clinical Trials, www.clinicaltrials.gov
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