WHAT IS GOOD FOR THE BRAIN?
Risk Factors

- 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
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
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
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
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
Chronic Health Conditions

- 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
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
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!
More Information...

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

Joan Adams, Education Specialist
565 University Avenue
Suite #2
Fairbanks, AK 99709
907-452-2277
jadams@alzalaska.org
1-800-478-1080 ext.#3
www.alzalaska.org