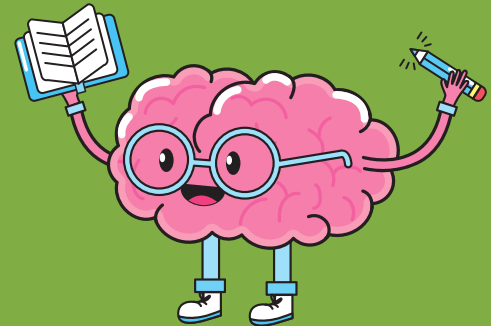




Alzheimer's & Brain Awareness Month



7 Suggestions for a Healthier Brain



As our brains change with age so does our mental function. Mental deterioration and memory issues are two of the most feared consequences of aging, but cognitive impairment is not inevitable. Here are 7 ways you can help maintain brain function.

1 Diet

Good nutrition can help your body and your mind. You are less likely to develop cognitive impairment and dementia with healthy eating habits like a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins.

2 Blood Pressure

High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as healthy as possible.

3 Cholesterol

High levels of LDL ("bad") cholesterol are associated with an increased risk of dementia. Diet, exercise, and weight control, will go a long way toward improving your cholesterol levels.

4 Blood Sugar

Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean.

5 Alcohol

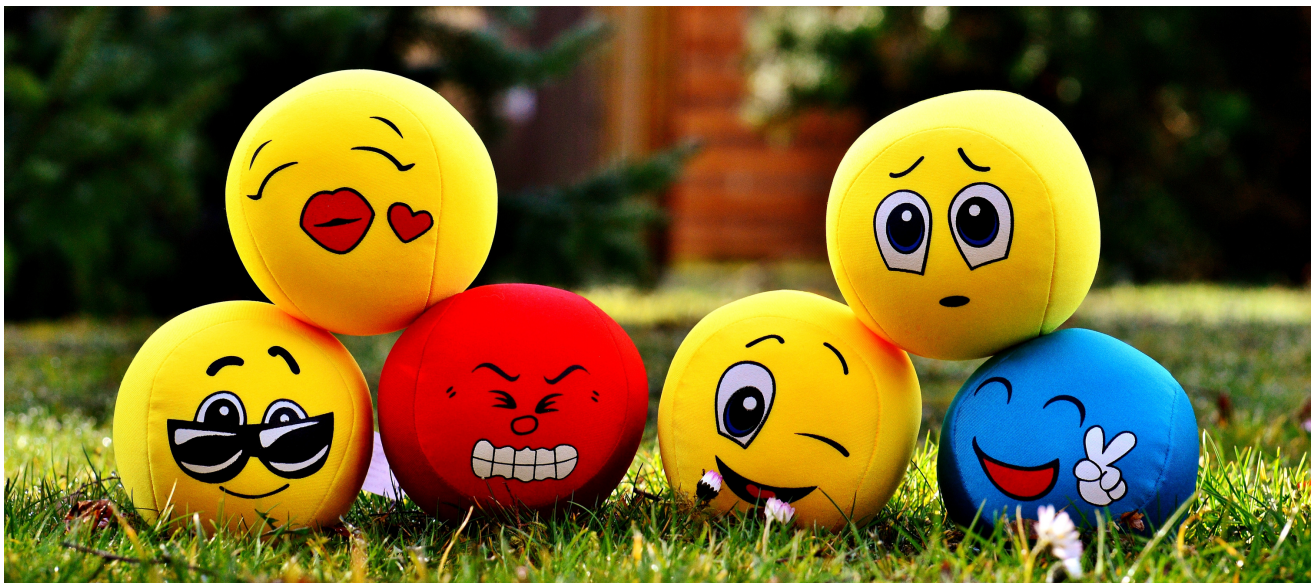
Excessive drinking is a major risk factor for dementia. If you choose to drink, limit your consumption.

6 Socialization

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy. Senior Living Communities offer daily activities, many opportunities to socialize and entertainment..

7 Emotions

People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Rizzi Mental Health Associates can help you improve your emotional health.



We are honored to care for you!

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