

HEALTHY WAYS TO A HEALTHY BRAIN



WHAT IS BRAIN HEALTH

Overall brain health includes many aspects of how the brain functions.

- **Cognitive Health:** thinking, learning, and remembering
- **Motor Function:** making and controlling movements, including balance
- **Emotional Function:** interpreting and responding to emotions
- **Tactile Function:** responding to sensations of touch, (pressure, pain, temperature)
- **Sensory Function:** seeing, hearing, tasting, and smelling

IMPACTS ON BRAIN HEALTH

- Age-related changes
- Stroke
- Traumatic brain injuries
- Mood disorders, such as depression
- Substance use disorders or addiction
- Alzheimer's and other related disorders

PREVENTION AND THE BRAIN

Through preventive efforts, you can help support a healthy brain and body.

- Stay up-to-date with recommended screenings
- Manage chronic health conditions
- Limit alcohol
- Quit smoking
- Get enough sleep
- Manage your blood pressure
- Maintain a healthy diet with low animal fat, high vitamins, and recommended fiber
- Maintain an active lifestyle through exercise
- Take action to prevent falls by training your balance
- Keep your brain active by learning new hobbies, tasks and ideas
- Stay connected with friends, family, and your community
- Recognize changes in your health and discuss them with your doctor
- Know symptoms of conditions such as stroke, depression, and delirium
- Understand how medicines can impact brain health and discuss possible side effects with your doctor



Which preventive measures can you put into action today?