

benefits. Although not as powerful as tea, coffee also confers brain benefits.

**Cook at home often.** By cooking at home, you can ensure that you're eating fresh, wholesome meals that are high in brain-healthy nutrients and low in sugar, salt, unhealthy fat, and additives.

**Supplements that may help prevent dementia**

Folic acid, vitamin B12, vitamin D, magnesium, and fish oil may help to

preserve brain health. Studies of vitamin E, ginkgo biloba, coenzyme Q10, and turmeric have yielded less conclusive results, but may also be beneficial in preventing or delaying Alzheimer's and dementia symptoms. Always talk to your doctor about possible medication interactions.



For more information about preventing Alzheimer's Disease go to:

Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>

Alzheimer's Association

<https://www.alz.org/alzheimers-dementia/what-is-alzheimers>

Alzheimer's Research and prevention Foundation

<http://alzheimersprevention.org/alzheimers-info/>



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## Six Pillars of Preventing Alzheimer's Disease: Part 1

Alzheimer's Disease is one of the biggest concerns many of us have as we get older. While you may have been told that all you can do is hope for the best and wait for a cure, the truth is much more encouraging. Promising research shows that you can reduce your risk of Alzheimer's and other dementias through a combination of simple but effective lifestyle changes. By leading a brain-healthy lifestyle, you may be able to prevent the symptoms of Alzheimer's disease and slow down, or even reverse, the process of deterioration.

### Can Alzheimer's and dementia be prevented?

The thought of developing Alzheimer's disease as you get older can be a frightening prospect, especially if you've witnessed a loved one affected by the disease. Researchers across the world are racing towards a cure, but as prevalence rates climb, their focus has broadened from treatment to prevention strategies. What they've discovered is that it may be possible to prevent or delay the symptoms of Alzheimer's disease and other dementias through a combination of healthy habits.

Continued on inside...

By identifying and controlling your personal risk factors, you can maximize your chances of lifelong brain health and take effective steps to preserve your cognitive abilities. Alzheimer's is a complex disease with multiple risk factors. Some, like your age and genetics, are outside your control. However, there are **six pillars** for a brain-healthy lifestyle that are within your control. The more you strengthen each of the six pillars in your daily life, the longer—and stronger—your brain will stay working and the more likely you'll be able to reduce your risk of developing dementia.

#### Pillar #1: Regular exercise

According to the Alzheimer's Research & Prevention Foundation, regular physical exercise can reduce your risk of developing Alzheimer's disease by **up to 50 percent**. What's more, exercise can also slow further deterioration in those who have already started to develop cognitive problems. Exercise protects against Alzheimer's and other types of dementia by stimulating the brain's ability to maintain old connections as well as make new ones.

**Aim for at least 150 minutes of moderate intensity exercise each week.** The ideal plan involves a combination of cardio exercise and strength training. Good activities for beginners include walking and swimming.

**Build muscle to pump up your brain.** Moderate levels of weight and resistance training not only increase muscle mass, they help you maintain brain health. For those over 65, adding 2-3 strength sessions to your weekly routine may cut your risk of Alzheimer's in half.

**Include balance and coordination exercises.** Head injuries from falls are an increasing risk as you age, which in turn increase your risk for Alzheimer's disease and dementia. Balance and coordination exercises can help you stay agile and avoid spills. Try yoga, Tai Chi, or exercises using balance balls.

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#### Pillar #2: Healthy diet

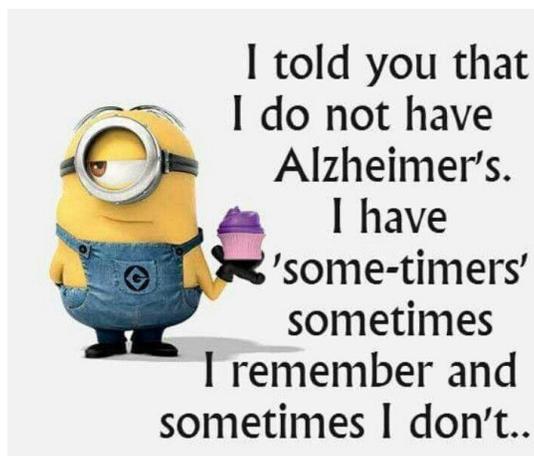
In Alzheimer's disease, inflammation and insulin resistance injure neurons and inhibit communication between brain cells. Alzheimer's is sometimes described as "diabetes of the brain," and a growing body of research suggests a strong link between metabolic disorders and the signal processing systems. By adjusting your eating habits, however, you can help reduce inflammation and protect your brain.

**Cut down on sugar.** Sugary foods and refined carbs such as white flour, white rice, and pasta can lead to dramatic spikes in blood sugar which inflame your brain. Watch out for hidden sugar in all kinds of packaged foods from cereals and bread to pasta sauce and low or no-fat products.

**Enjoy a Mediterranean diet.** Several epidemiological studies show that eating a Mediterranean diet dramatically reduces the risk of cognitive impairment and Alzheimer's disease. That means plenty of vegetables, beans, whole grains, fish and olive oil—and limited processed food.

**Avoid trans fats.** These fats can cause inflammation and produce free radicals—both of which are hard on the brain. Reduce your consumption by avoiding fast food, fried and packaged foods, and anything that contains "partially hydrogenated oils," even if it claims to be trans fat-free.

**Get plenty of omega-3 fats.** Evidence suggests that the DHA found in these healthy fats may help prevent Alzheimer's disease and dementia by reducing beta-amyloid plaques. Food sources include cold-water fish such as salmon, tuna, trout, mackerel, seaweed, and sardines. You can also supplement with fish oil.



**Stock up on fruit and vegetables.** When it comes to fruits and vegetables, the more the better. Eat up across the color spectrum to maximize protective antioxidants and vitamins, including green leafy vegetables, berries, and cruciferous vegetables such as broccoli.

**Enjoy daily cups of tea.** Regular consumption of great tea may enhance memory and mental alertness and slow brain aging. White and oolong teas are also particularly brain healthy. Drinking 2-4 cups daily has proven