Risk Factors

• Aging well depends on your:
  • Genes
  • Environment
  • Lifestyle

• Lifestyle choices may help keep your body and brain healthy
Risk Factors for Alzheimer’s

Some factors we cannot control:
• Age
• Genetics

Some factors are modifiable:
• Head injury
• High blood pressure
• Diabetes
• Depression
• Stress
• Sleep
Modifiable Risk & Protective Factors

• Education
• Medical co-morbidities
• Acute illness - delirium
• Physical activity
• Other actions
  • Social & intellectual engagement
  • Adequate sleep
  • Cognitive training, nutraceuticals, supplements and medications
8 Tips to Reduce Your Risk for Later Life Cognitive Impairment
Tip 1: Exercise

You are never too old to start!
Exercise

Go Hulda Crooks!
Exercise – How does it work?

• Increases oxygen-rich blood flow to the brain
• Increases alertness and processing speed
• Stimulates production of brain growth factors that increase connectivity in the brain
• Fights depression
Tip 2: “Eat Your Way to Brain Health”

• What is good for your heart is good for your brain
• MIND Diet cuts AD risk by 53%
  ➢ Vegetables- especially leafy greens
  ➢ Fish
  ➢ Nuts
  ➢ Whole grain
  ➢ Berries
  ➢ Daily glass of wine
  ➢ Foods high in anti-oxidants
Diet: Can fats be good for me?

It depends!

- **Saturated fats and trans fats**
  - Animal-based fats
  - Processed snack fats

- **Unsaturated fats**
  - Plant-based fats
  - Olive oil
  - Nuts
Diet: What food does to your brain

• Anti-oxidants fight inflammation, protecting brain cells: Olive oil, broccoli, leafy greens, green tea

• Like exercise, foods that enhance blood flow may stimulate neuron growth in the hippocampus: Tomatoes, beets, avocados and other dark-hued foods
Diet: What food does to your brain

- Possible amyloid plaque reduction: Nuts (especially walnuts & almonds), curcumin, pomegranates

- Increase brain-derived neurotropic factor, which helps the brain grow new neurons: Fish, blueberries, grapes, coffee, dark chocolate
Tip 3: Take Care of Your Health

- Manage your diabetes, cholesterol and blood pressure
- Watch your weight
- Get adequate sleep
- Stop smoking
- Take your medications appropriately and report side-effects
Tip 4: Stay Social

• Family
  • Friends
  • Hobbies
  • Clubs
  • Community
• Work or volunteer
• Place of spiritual renewal
Tip 5: Exercise Your Brain

- **Keep learning**: Take a class, try a new hobby
- Read books or newspapers
- Play games like chess, checkers, cards, mah jong
- Do puzzles such as crosswords, Sudoku, etc.
- Change your daily routine

*Source: National Institute on Aging*
Tip 6: Sleep Well

- Aim for 7+ hours of uninterrupted sleep
- Less than 6 hours may affect your memory
- Insufficient or disrupted sleep can interfere with memory
- Too much sleep can also affect brain function
Tip 7: Reduce Stress

• Learn ways to cope during stressful times
  • Music, reading, writing, talking with a friend
  • Nature, gardening, pets
  • Exercising, hiking, walking
  • Meditation, yoga, tai chi
  • Deep breathing exercises
  • Find something that works for you
Tip 8: Learn Memory Skills

- **Manage memory**: break information into small pieces
- **Use techniques**: organize information into rhymes
- **Associate**: connect new information with things you know
- **Use cues**: like post-its, etc.
- **Rehearse**: practice concentration exercises
- **Use the environment**: always put keys, wallet, purse in the same location
8 Steps: Your Personal Plan

1. Exercise your Body
2. Eat Healthy
3. Take Care of Your Health
4. Stay Social
5. Exercise Your Brain
6. Sleep Well
7. Reduce Stress
8. Learn Memory Skills
Alzheimer’s Greater Los Angeles
www.alzgla.org
844-HELP-ALZ

• **Helpline**: call with any question, language translation available

• **Care Counseling**: free one-on-one help

• **Education & Training**: classes on Alzheimer’s and caregiving

• **Support Groups for Early Stage Individuals and Caregivers**

• **Volunteer & Fundraise**: join our team of volunteers

Keeping Your Brain Healthy
24 Hour Helpline
Many languages spoken

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