



## **BRAIN HEALTH & DEMENTIA PREVENTION: WHAT EVERY FAMILY NEEDS TO KNOW**

***Sessions presented in Spanish (6-7pm) and English (7:15-8pm)***

**April 10** – Habits for Better Brain Health

**April 17** – Dementia Caregivers Talk about Challenges, Joy and Hope

**April 24** – Advance Care Planning for Better Family Health

### **Program Sponsors:**





Robin Shepherd  
Executive Director



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BERGHOFF *foundation*

This is an informational workshop and is not intended as medical advice. If you have concerns about your health, always consult with a doctor.

# Seven Steps to Better Brain Health



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## What We Do



TRAIN HEALTHCARE  
PROFESSIONALS



EDUCATE COLLEGE &  
UNIVERSITY STUDENTS



FUND MEDICAL  
RESEARCH



SUPPORT DEMENTIA  
CAREGIVERS

# THE AMAZING BRAIN

Weight: 3 pounds

Composition: 75% water, 60% fat

Structure: 86 BILLION neurons with  
1QUADRILLION CONNECTIONS

Maturity date: age 25

Speed: 268 miles per hour

Storage capacity: virtually unlimited!





# BRAIN HEALTH & LONGEVITY



We are living longer. Many of us are living into our 80s, 90s and beyond 100.

To be healthy, active and happy in our later years, we need to take care of our brains so our brains can take care of us!

# THE THREAT OF DEMENTIA

Every 4 seconds someone is diagnosed with dementia. It is an existential diagnosis.

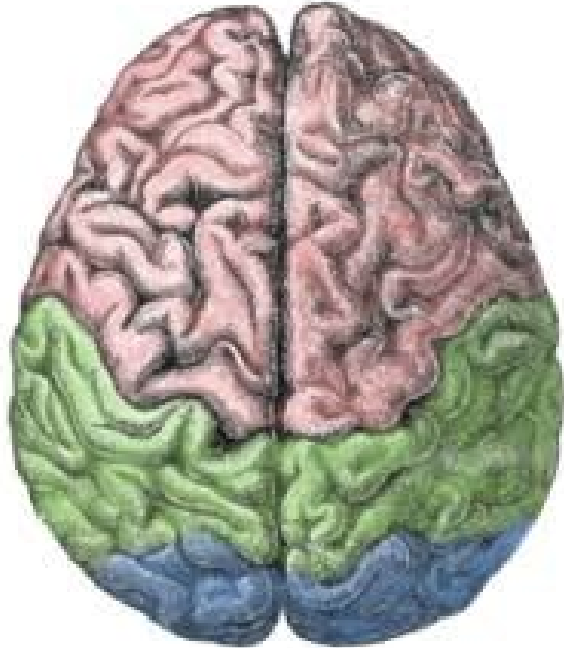
Dementia is the 6th leading cause of mortality among older adults.

There is no cure yet for any of the diseases that cause dementia.

It's a difficult challenge for family caregivers. Health/healthcare inequities increase the challenge.



# DISEASES THAT CAN LEAD TO DEMENTIA



- Alzheimer's disease
- Lewy body disease
- Frontotemporal degeneration
- Vascular disease
- Mixed dementia

## CONDITIONS THAT MIMIC DEMENTIA SYMPTOMS

- UTI, vitamin B-12 deficiency, thyroid problem

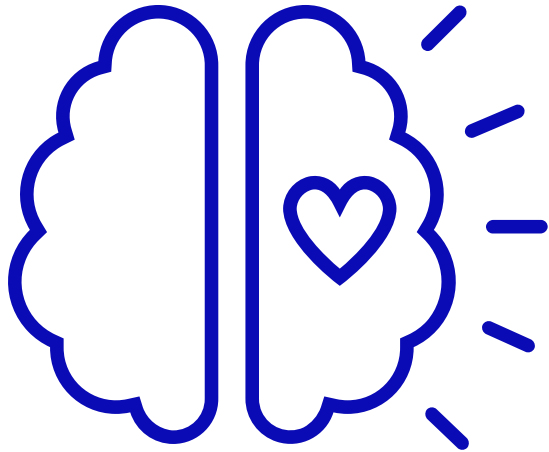
# RISK FACTORS FOR DEMENTIA



- Age
- Genetic history
- Hypertension
- Vascular disease
- Diabetes
- Substance abuse
- Sleep problems
- Chronic depression or anxiety
- Head trauma
- Social isolation



# SEVEN STEPS TO BRAIN HEALTH AND DEMENTIA PREVENTION



1. Eat right
2. Exercise regularly
3. Sleep well
4. Get regular health check ups
5. Keep learning/stay connected
6. Avoid smoking, limit alcohol
7. Reduce stress

# #1

## EAT RIGHT

### The MIND Diet

An easy-to-follow diet and nutrition plan designed for cognitive health.

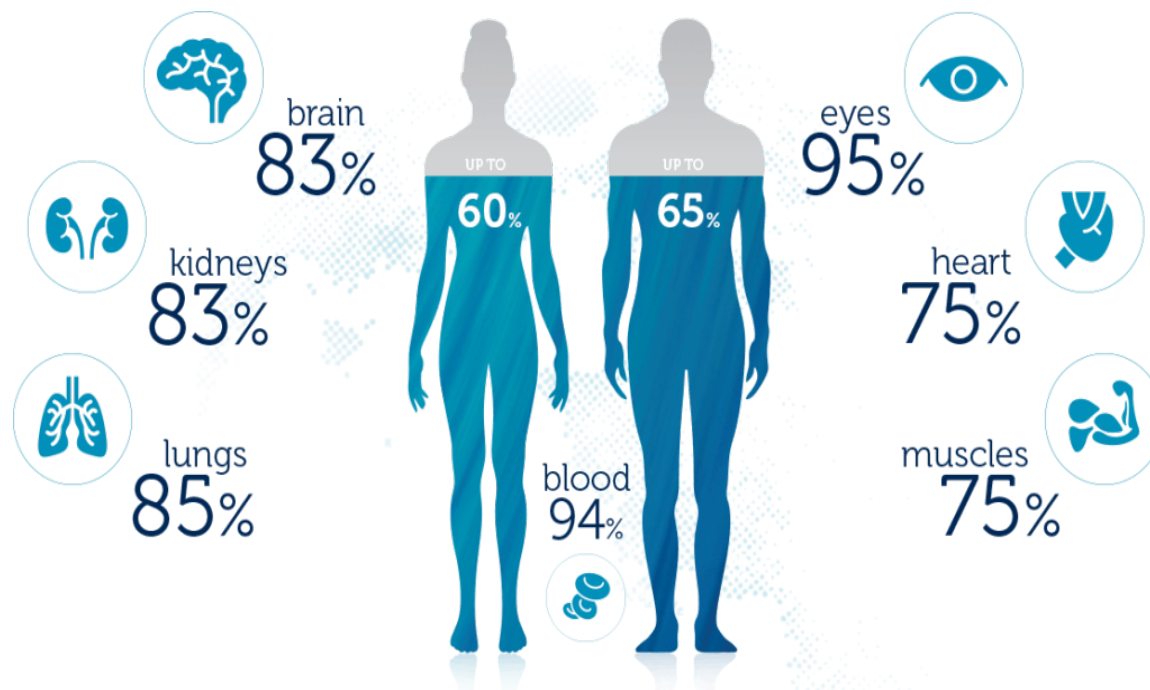
Learn which foods to **PRIORITIZE** and which foods to **LIMIT**.



# DRINK WATER

## Water is Life

Drink 8-10 glasses every day (use an 8-ounce glass). Drink more if you do intense exercise or feel overheated on hot days.



**TIP:** If you feel tired, dizzy, confused, drowsy or constipated, drink more water!



## EXERCISE REGULARLY

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



### And mix in activities to improve your balance!

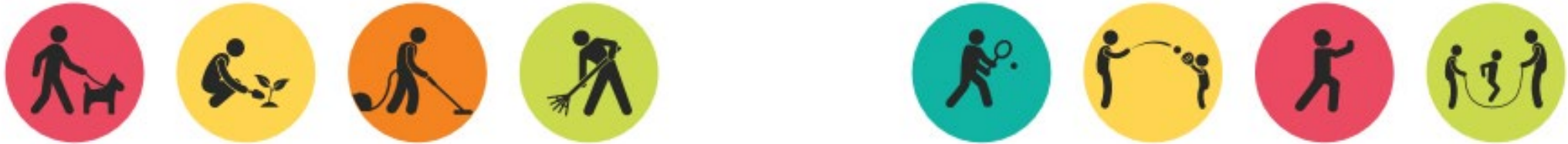
Aim for a mix of aerobic, muscle-strengthening, and balance activities.





# #2

## EXERCISE REGULARLY



### BENEFITS

- increase energy
- improve mood
- strengthen immune system
- help keep diabetes and high blood pressure under control
- ease symptoms of arthritis, depression and anxiety

# SLEEP WELL

## Get 7-8 hours a night

Cool, dark and quiet room

Routine sleep schedule

Relax and unwind

## What to avoid before sleep

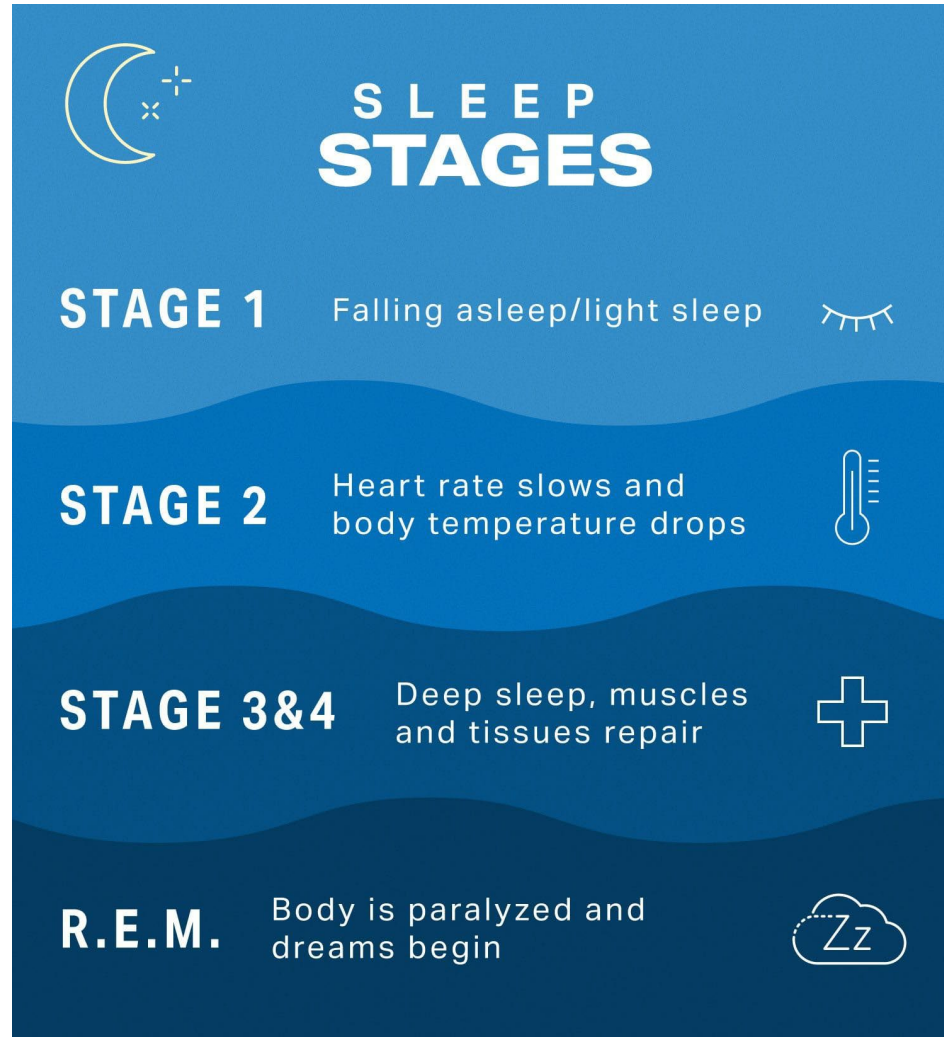
- Food, alcohol, caffeine
- Digital devices
- Bright light, noise
- Stress



**SLEEP TIP:** Don't ignore sleep problems like sleep apnea or REM sleep disorder!



# SLEEP WELL



Stage 3&4 – the glymphatic system boosts flow of cerebral spinal fluid to flush toxins from the brain.

Rapid eye movement (REM) Stage occurs throughout the night in 90-120 minute intervals.

During REM, the brain handles memory processing, emotions, and problem-solving work.



# PREVENTIVE CARE



- Get vision and hearing screenings
- Consider a cognitive screening if you have concerns about memory, focus, or other issues
- Keep up with dental care, practice oral hygiene
- Maintain a healthy body weight
- Avoid smoking, limit alcohol
- Manage diabetes and hypertension
- Protect your head from trauma



## LIFELONG LEARNING



### Find Meaning and Purpose

*What matters, what brings you joy?*

- New goal
- New skill
- New hobby
- New group activity
- New place to visit



#5

# SOCIAL CONNECTIONS

**Social isolation increases risk of health issues.**

Spend time with family

Choose activities with friends

Adopt a pet for companionship

Volunteer in your community



#6

## AVOID SMOKING and LIMIT ALCOHOL



Tobacco, vaping and excessive alcohol are harmful to the brain. They affect vascular, heart and lung health and impair flow of oxygen and blood to the brain.

#7

# MANAGE STRESS, TREAT DEPRESSION & ANXIETY



Chronic stress, depression and anxiety are harmful to brain health. These health conditions are nothing to be ashamed of, and they often respond to non-medication treatment options.



# CHOOSE MINDFULNESS OVER MULTITASKING



When you are talking with others

When you are driving

When you are studying

When you are doing a difficult task

When you want to be your best self

**TIP:** The brain can't multitask. Technology pushes us to try to multitask. Bouncing back and forth between tasks is harmful to brain health. Try to focus and finish one thing at a time. Take time to listen, plan and reflect.



# YOUR BRAIN IS AMAZING

**TAKE CARE OF YOUR BRAIN SO  
IT CAN TAKE CARE OF YOU!**

A HEALTHY BRAIN has a superpower called PLASTICITY. It can adapt and repair itself - and last longer - even when you suffer from injury, disease, trauma or cognitive decline.



# SOURCES

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