



# South Central's Health on Blast

## *Brain Health and Aging*

Aging well depends upon your:

- Genes
- Lifestyle
- Environment

Healthy Lifestyle choices can help you maintain a healthy body and brain

As you age, you may notice:

- Increased difficulty finding words
- More problems in multi-tasking
- Mild decreases in ability to pay attention

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## *Possible Risks or Threats to Brain Health*

- ❖ Some medications or Improper Use of medications
- ❖ Smoking
- ❖ Excessive use of alcohol
- ❖ Heart disease, diabetes, and other health problems
- ❖ Poor diet
- ❖ Insufficient Sleep or Sleep Disorders, such as Sleep Apnea
- ❖ Lack of physical activity
- ❖ Little social activity and being alone most of the time
- ❖ Depression
- ❖ Traumatic Brain injuries, relating to falls or accidents

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## *How to Protect Brain Health*

- Take care of your health: Get routine health screenings (Blood pressure, Cholesterol, blood sugar screenings, etc)
- Eat healthy foods
- Be active: exercise at least 30 minutes 5 days a week
- Learn new things, read books, put together puzzles, take a class
- Connect with family, friends, and communities, volunteer
- Think of small, first steps such as:
  - Taking a 10-minute walk a few times a week
  - Adding one serving of vegetables each day
  - Making an appointment for health screenings or a physical exam