ALZHEIMER'S TENNESSEE

Normal Aging, Dementia, & Modifiable Risk Factors

NORMAL…A DRYER SETTING

- Physical Changes
- Cognitive Changes
  - Loss of acetylcholine
  - Benign forgetfulness
- Bottom line, daily life interruption is not “normal”

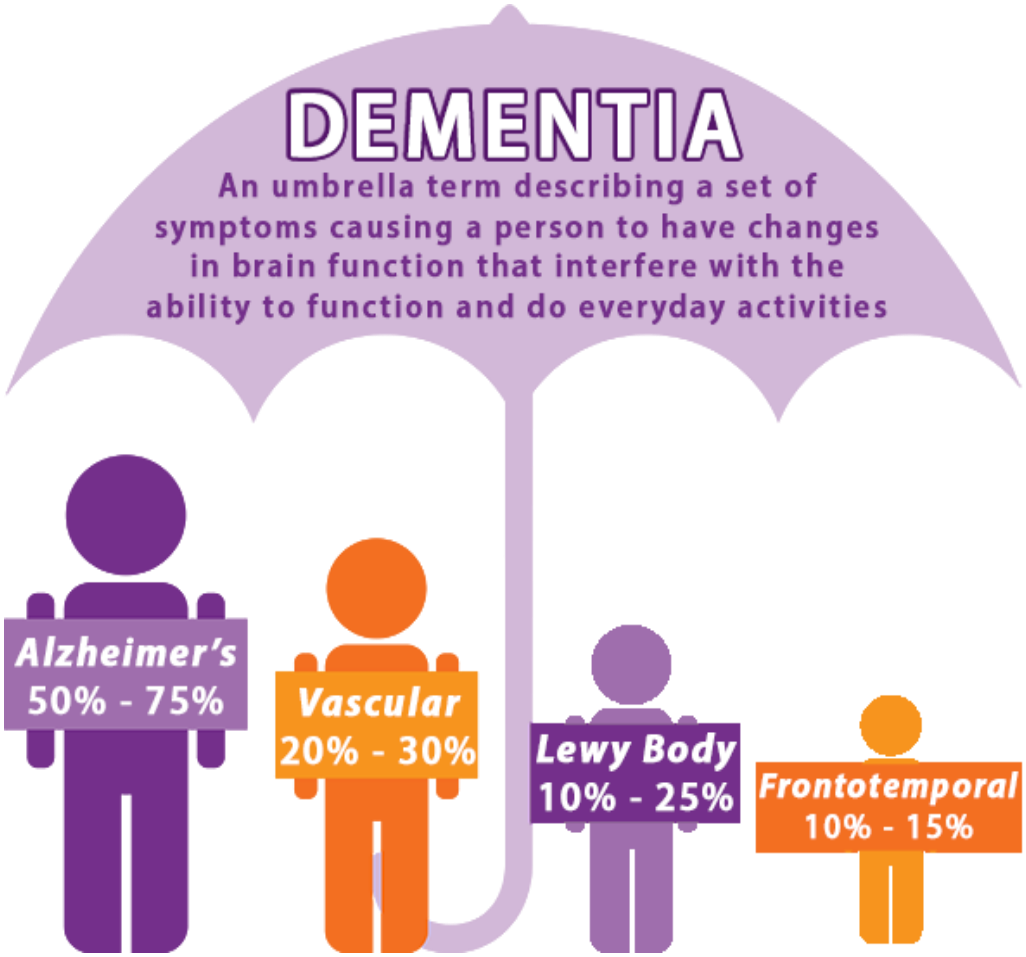
DEMENTIA

- Not a disease
- Syndrome of symptoms caused by numerous diseases
- Causes decline in memory, thinking and language skills, visual spatial perception

PSEUDO-DEMENTIA

- Depression
- Medication/drug interactions
- Vitamin deficiencies
- Blood sugar imbalance
- Thyroid imbalance
- Infection
- Dehydration

IRREVERSIBLE/ TYPES OF DEMENTIA



MAINTAINING GOOD BRAIN HEALTH

While age and family history are risk factors, other things such as a healthy lifestyle are believed to have an influence as well. Ways to maintain brain health:

- Get regular exercise
- Manage health risks
- Eat healthy
- Engage your brain
- Stay socially connected
- Get plenty of sleep

STRESS…..MORE LIKE DISTRESS

- Mirror image test
- Most important things activity
- The POWER of NO!

PHYSICAL ACTIVITY

Staying physically active is healthy for your heart and your brain. **Be active at least 30 minutes a day, 5 times a week.** Find something that you enjoy and can fit into your own lifestyle. Some ideas:

- Walk or bike instead of drive
- Take the stairs rather than the elevator
- Exercise with friends … walk and chat
- Play tennis or participate in a team sport
- Dancing can be healthy and fun
- Swimming is a great low-impact exercise
- Tai Chi or yoga can help improve balance and flexibility

EAT HEALTHY

What we eat may influence our risk for developing many conditions. Incorporating a healthy diet into our lives is beneficial at any age.

The MIND diet emphasizes:

- Eating whole foods such as fruits and vegetables, whole grains, brown rice, legumes and nuts
- Using olive oil as main cooking oil
- Using herbs and spices instead of salt to flavor foods
- Drinking red wine in moderation (optional)

MIND DIET GUIDELINES

- Add or increase:
  - Whole grains- 3 per day

  - Green leafy vegetables- at least 1 per day

  - Non starchy vegetables- at least one per day

  - Berries- at least 2 x per week

  - Fish- at least 1 x per week

  - Poultry-at least 2 x per week

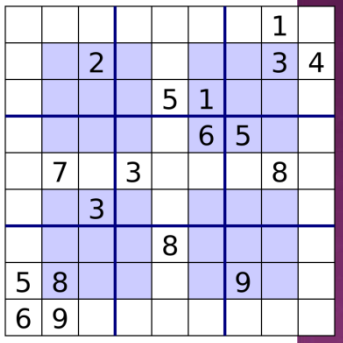
  - Nuts/seeds -at least 1 x per day

  - Legumes- at least 3-4 x per week

MIND DIET GUIDELINES

- Eliminate or decrease:
  - Red meat -no more than 4 x per week
  - Cheese- no more than 1 x per week
  - Solid saturated fats- no more than 1 Tbs per day
  - Sweets and desserts- no more than 1 x per week
  - Fried foods- no more than 1 x per week

ENGAGE YOUR BRAIN



Exercising and challenging your brain is a great way to stay sharp. Find things that interest you and are fun. Some ideas:

- Do puzzles such as crosswords, word search or number games
- Read books, magazines, newspapers
- Learn something new – a new language or new skill (e.g. cooking, knitting, playing an instrument, etc.)
- Try doing something in a different way (e.g. take a different route to work or try writing with your non-dominant hand)
- Do an online search for “brain games” – there are several websites that offer them for free

THE STROOP TEST
PRE-FRONTAL CORTEX

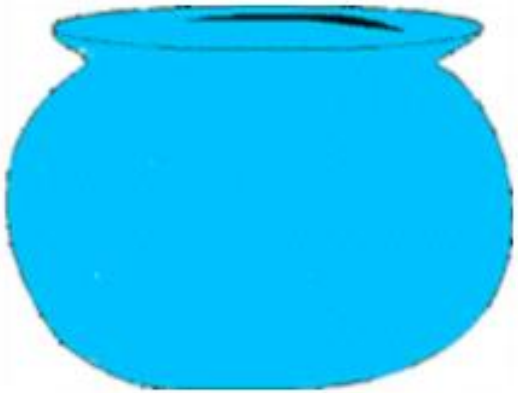
CEREBRAL CORTEX

What do you see?

TEMPORAL LOBE ACTIVITY

- Finished files are the result of years of scientific study combined with the experience of years

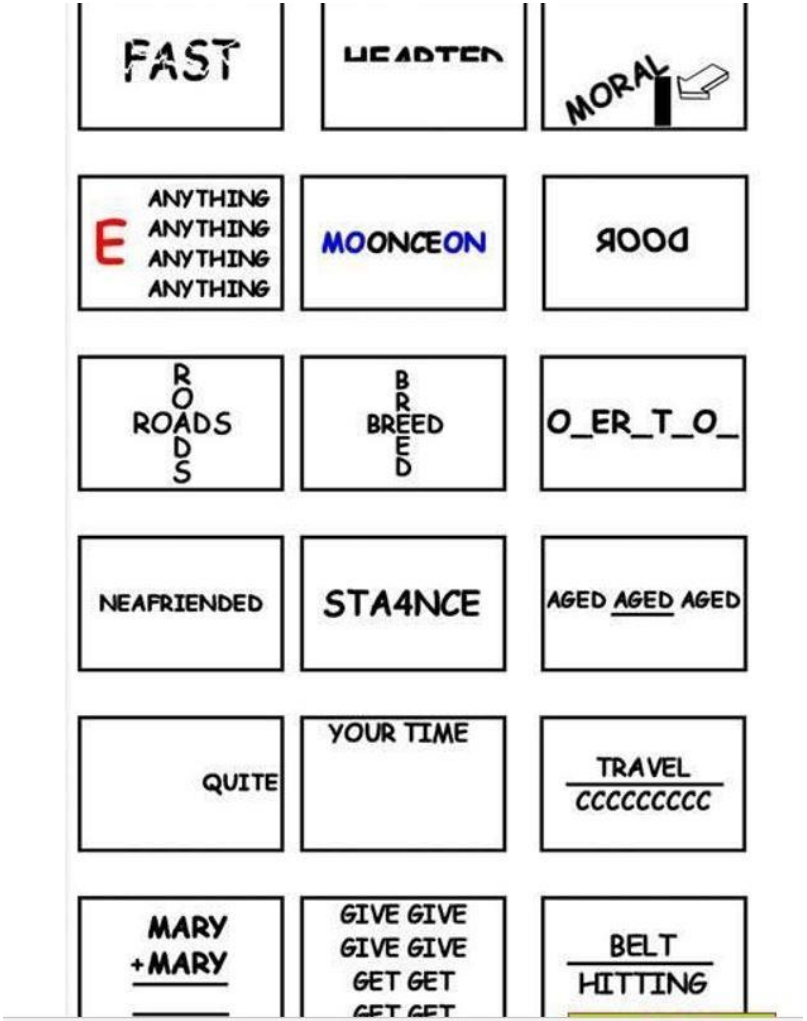
OCCIPITAL LOBE ACTIVITY



PARIETAL LOBE ACTIVITIES

- You did it all last week and arrived alive!
- Video

FRONTAL LOBES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STAY CONNECTED

Stay socially connected

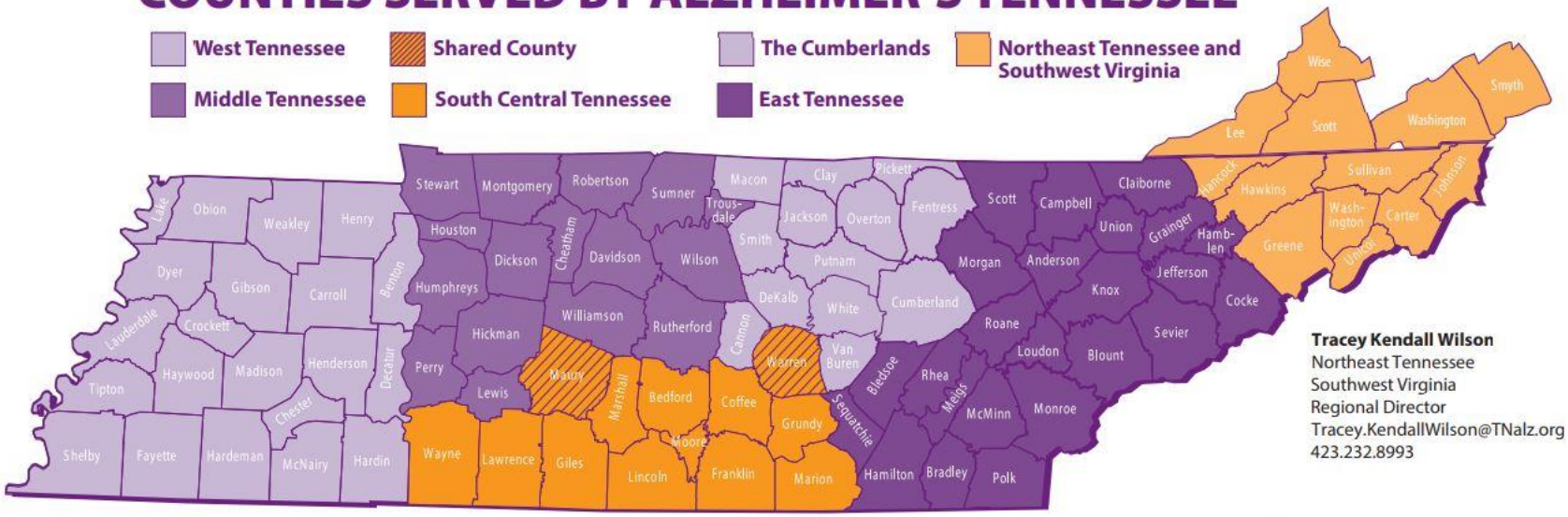
People who regularly engage in social activities may be less vulnerable to depression, and some research has shown that social interaction may also help keep the brain vital and healthy.

- Stay active in your faith community
- Volunteer for a local charity, school, or other cause
- Join a social club or a traveling group
- Maintain healthy relationships with friends, family and communities

START TODAY!

- Choose 1 activity that you can do to help your brain
- Start small, don't get overwhelmed:
  - Take a short walk a couple of times a week
  - Add 1 serving of vegetables each day
  - Make an appointment with your physician for a health screening or physical
  - Call or visit a friend or family member
- Make it a formal goal – write it down!
- Get support by telling a family member, friend or community group

COUNTIES SERVED BY ALZHEIMER'S TENNESSEE



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