



A Plan for Senior Care's Guide To Brain Health

Diseases of the brain rank high on the list of serious health conditions. There are many types of brain diseases. Some are attributed to memory loss such as Alzheimer's and dementia. Mental decline is common as we age, but cognitive impairment is not inevitable. Use our guide below to learn some ways to help reduce your risk of memory loss by keeping your brain healthy.



Eating A Brain Healthy Diet –Research shows that your diet has a large impact on your brain. Eating the right foods can help build new brain cells and slow down the process of memory loss.

- Foods high in Vitamin E help to guard neurons or nerve cells
- High levels of homocysteine are linked to dementia. Lower your levels with folic acid, B6, and B12
- Reducing your caloric intake has been linked to a lower risk of mental decline
- Reduce your consumption of saturated fat and cholesterol from animal sources and of trans-fatty acids from partially hydrogenated vegetable oils
- Add “super foods” to your daily diet such as blueberries, wild salmon, nuts and seeds, avocados, whole grains, olive oil, dark leafy greens, dark chocolate and more
- Drink plenty of water

Mental Stimulation-Brain activities help avoid cell loss. Stimulation creates new connections between nerve cells and helps to build your brain.

- Assemble puzzles, play Sudoku or try a crossword puzzle
- Read, take classes, challenge your brain with learning something new
- Do activities that require manual dexterity as well as mental effort, such as gardening, art, crafts and building things

Physical Exercise- Using your muscles helps your mind. Regular exercise increases the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also lowers blood pressure, improves cholesterol levels, fights diabetes, and reduces mental and physical stress.

Stay Social- An active social life helps reduce brain disease and cognitive decline. Social connections help to keep your brain neurons strong.

- Join a service club, book club, hobby group
- Volunteer
- Set aside time on a regular basis to connect with friends and loved ones

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We would be happy to create a personalized care plan for your loved one.