



Top Tips for Brain Health at Any Age

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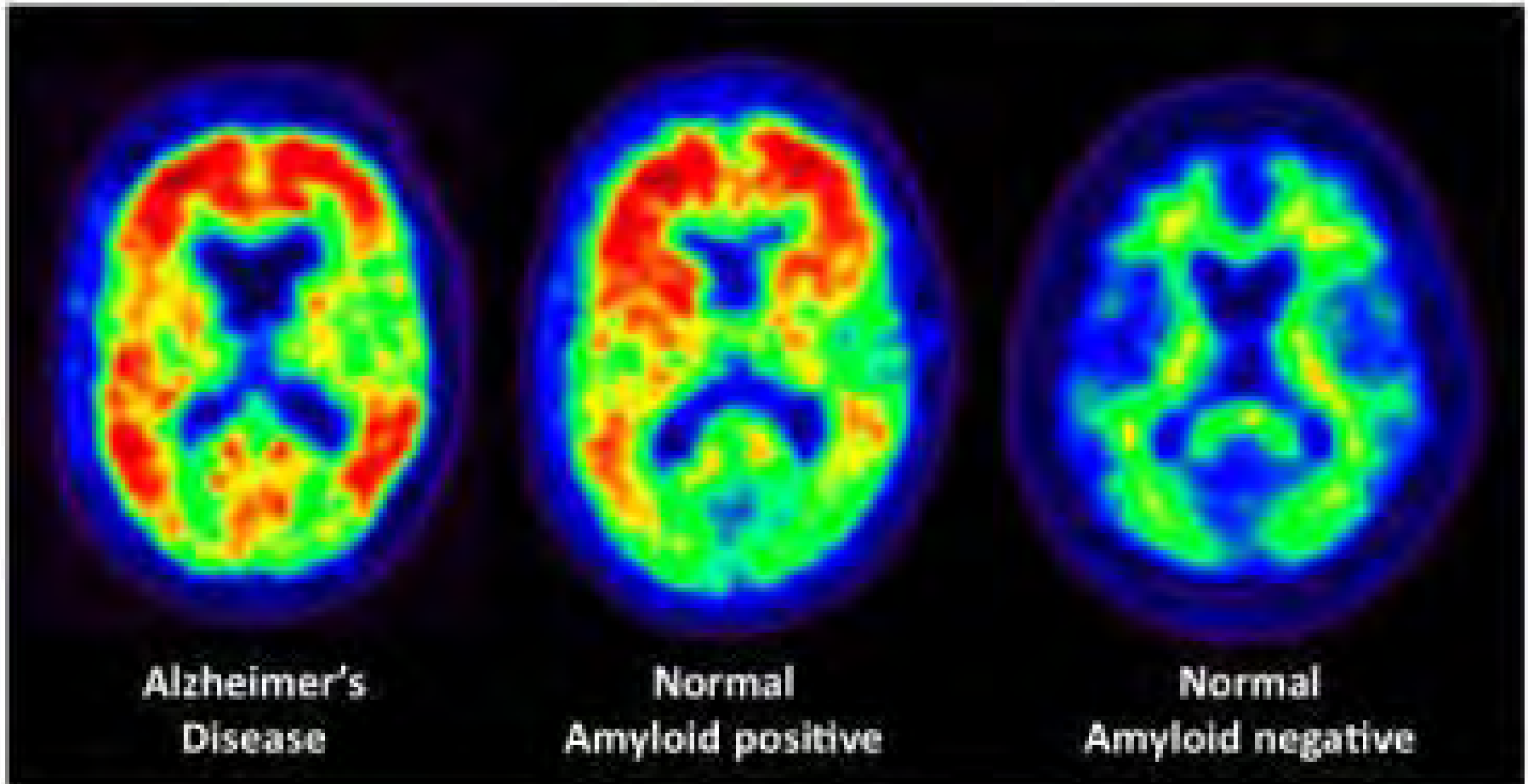
The Problem:

Aging negatively affects
the brain

This is your brain...

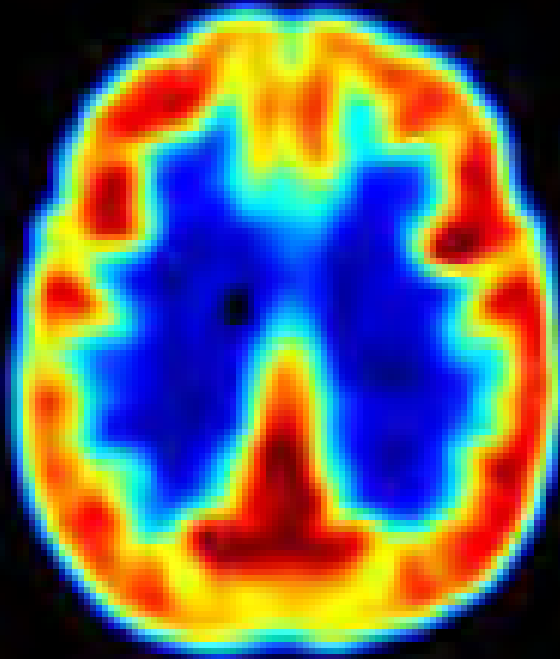


...this is your brain on aging.

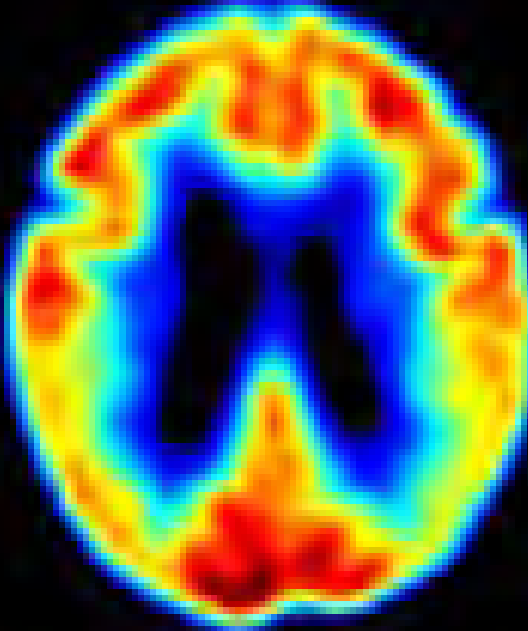


Accumulation of amyloid deposits

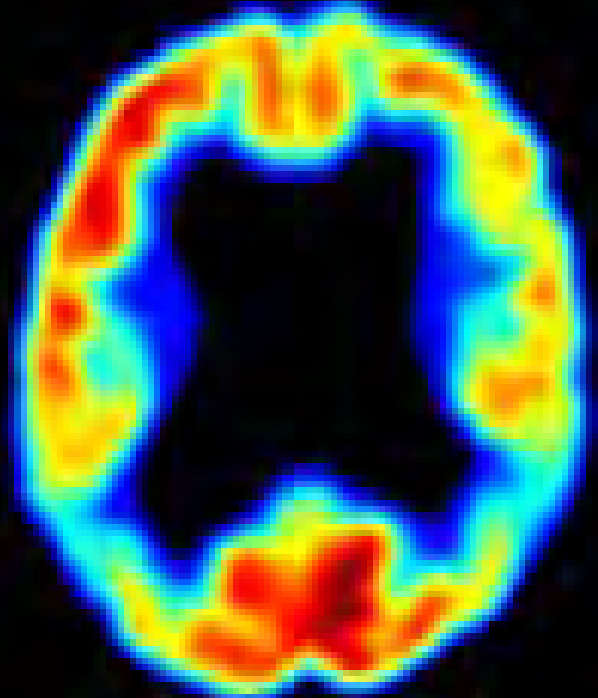
...this is your brain on aging.



Normal



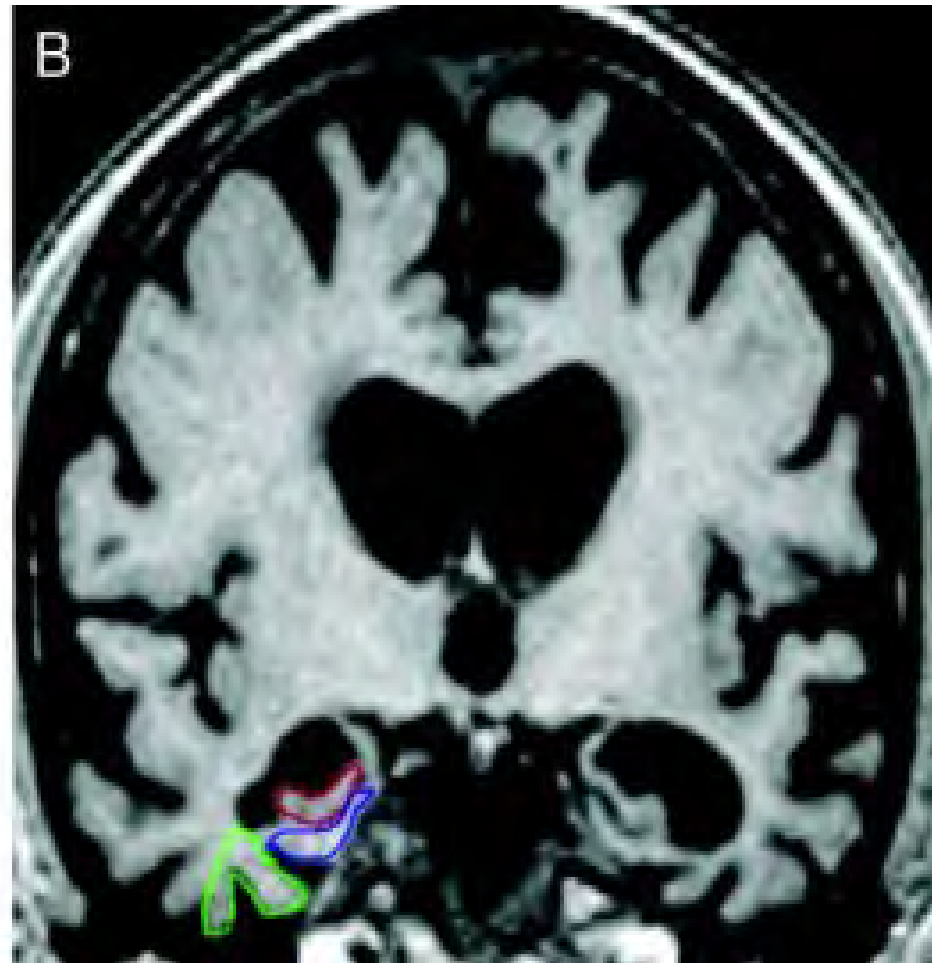
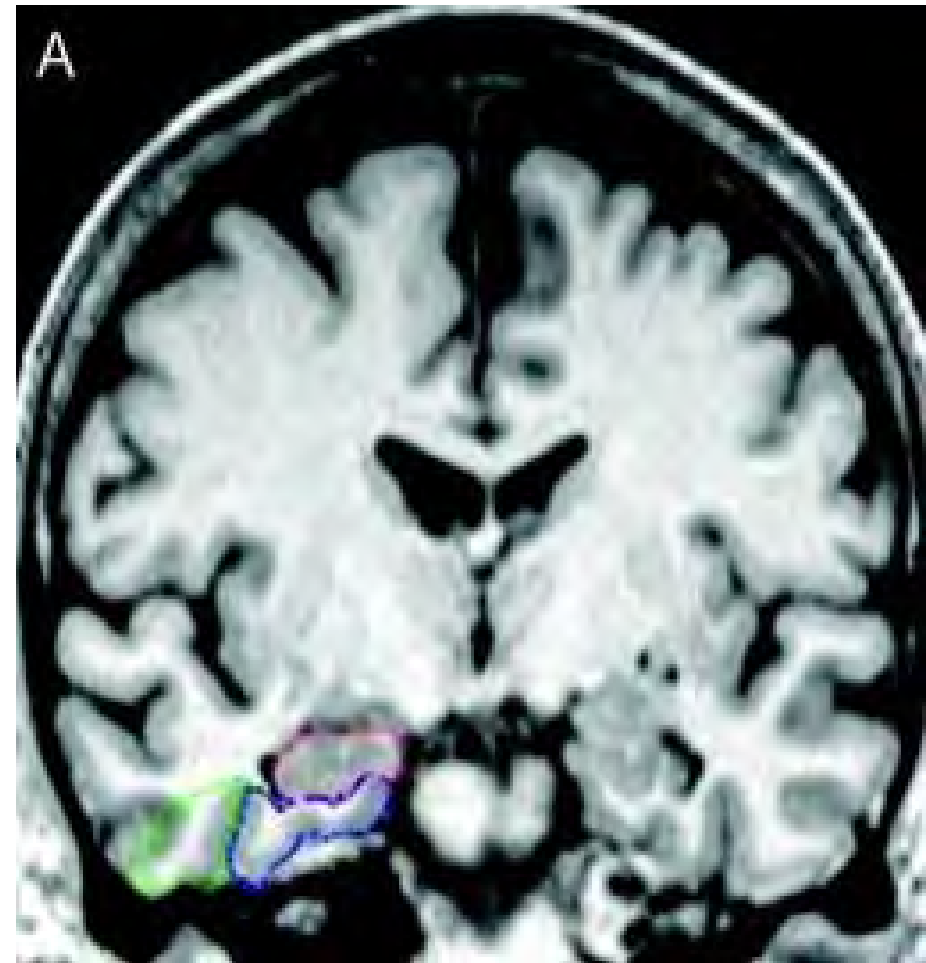
Mild cognitive
impairment



Alzheimer's
disease

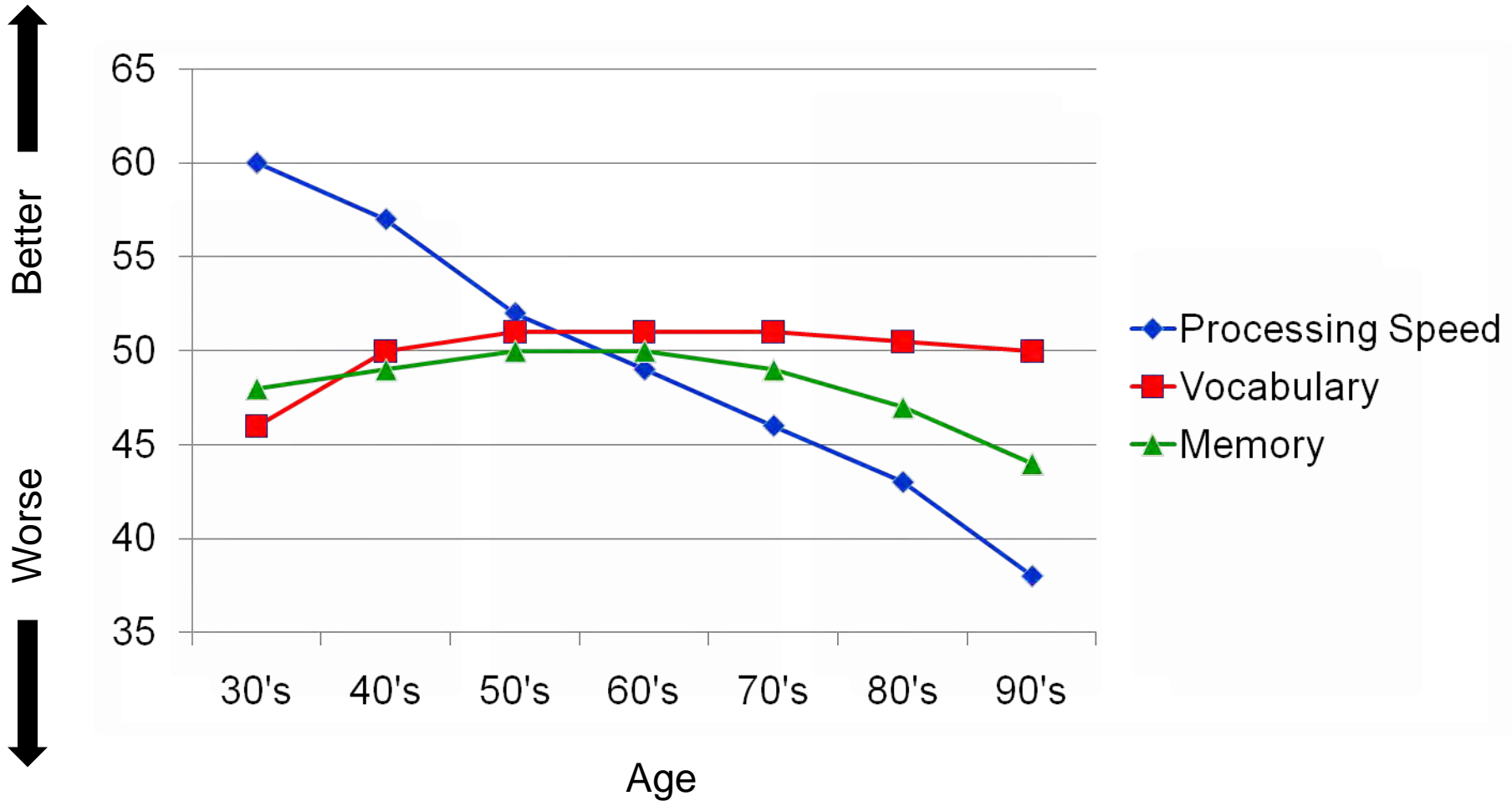
Reduction of brain metabolism

...this is your brain on aging.



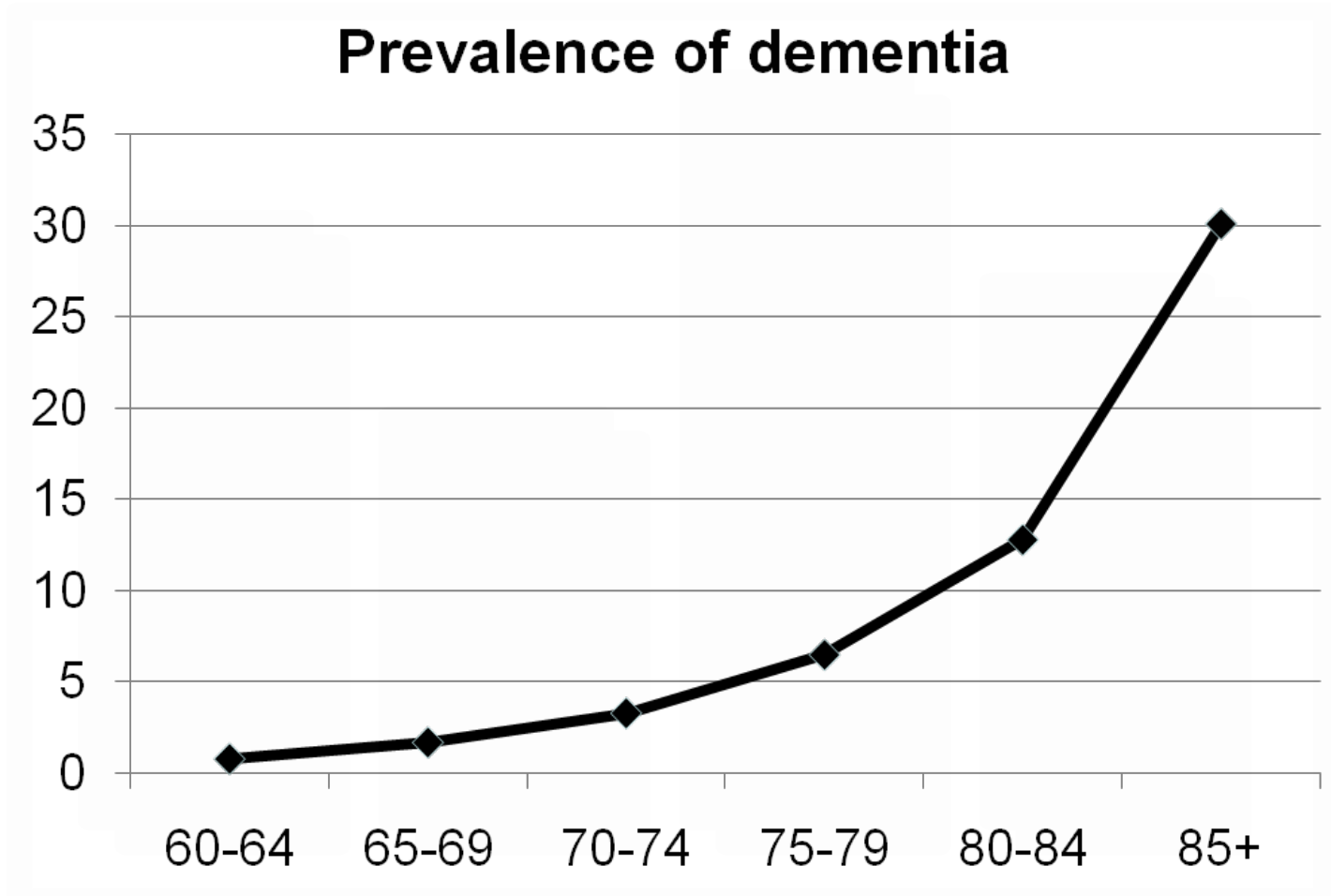
Death of brain cells

...this is your brain on aging.



Decline in thinking skills

...this is your brain on aging.



Increased risk of dementia

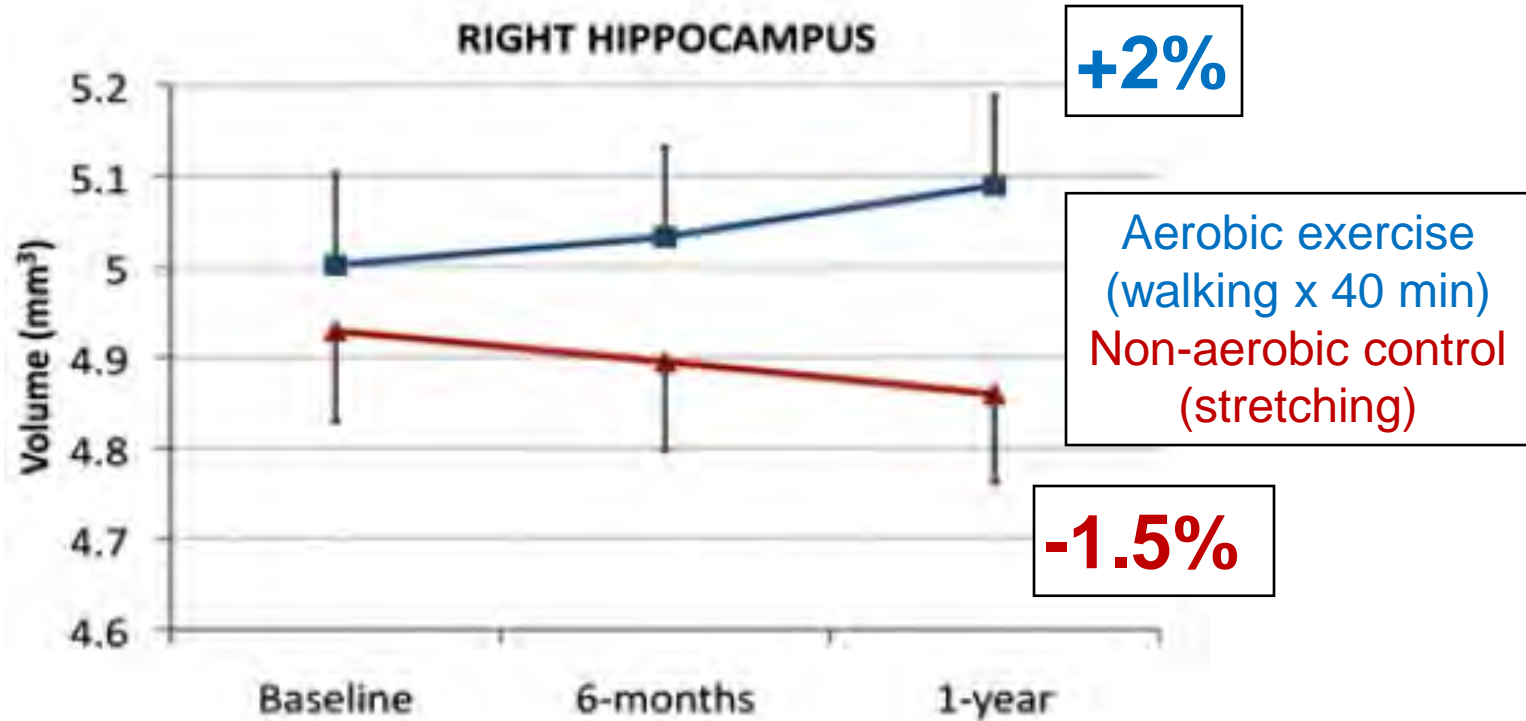
The Solutions:

Lifestyle changes to improve
brain fitness

Hippocampus

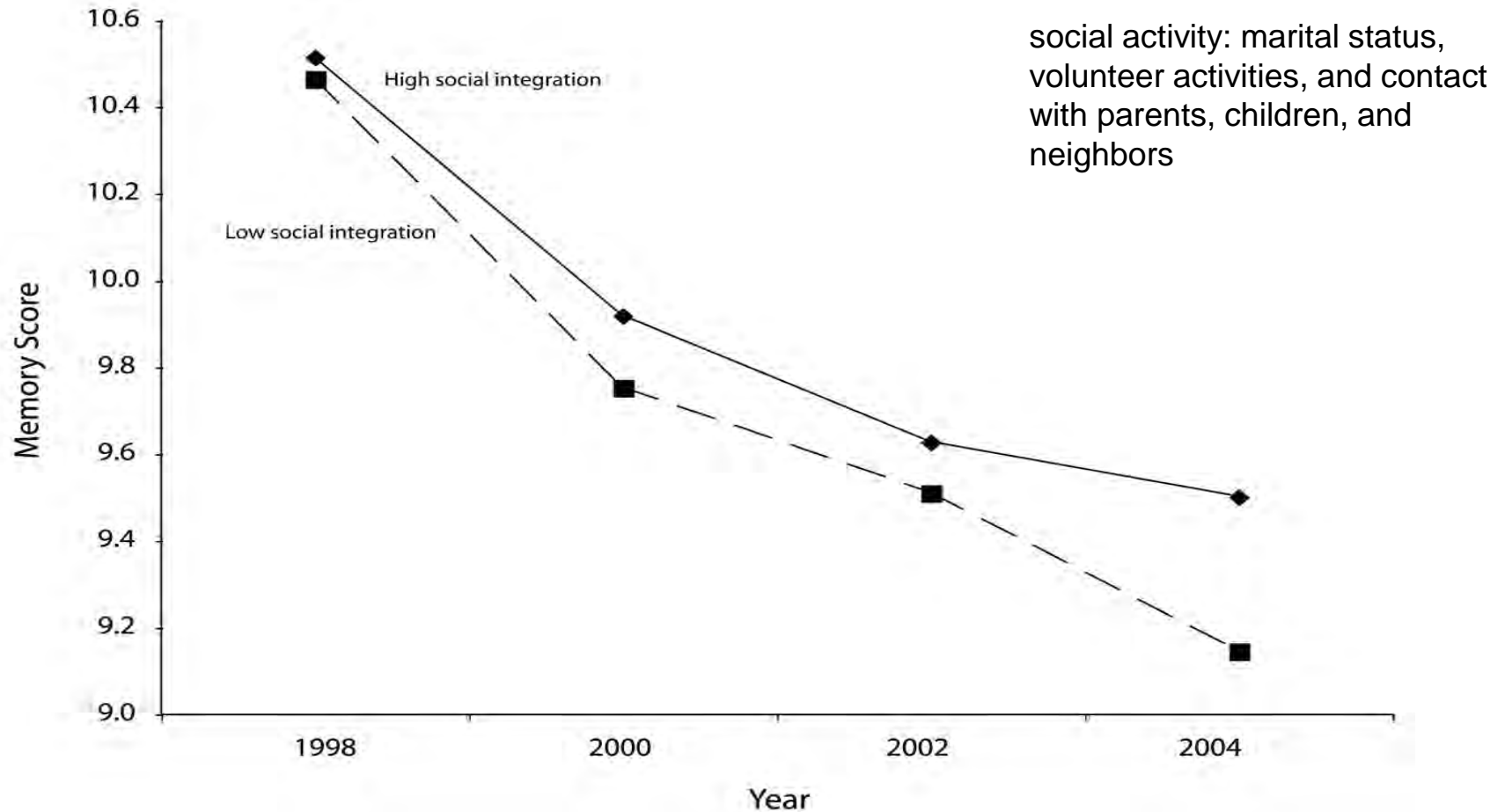


Take a walk!



120 65+ yo cognitively healthy
randomly assigned to 12 month program

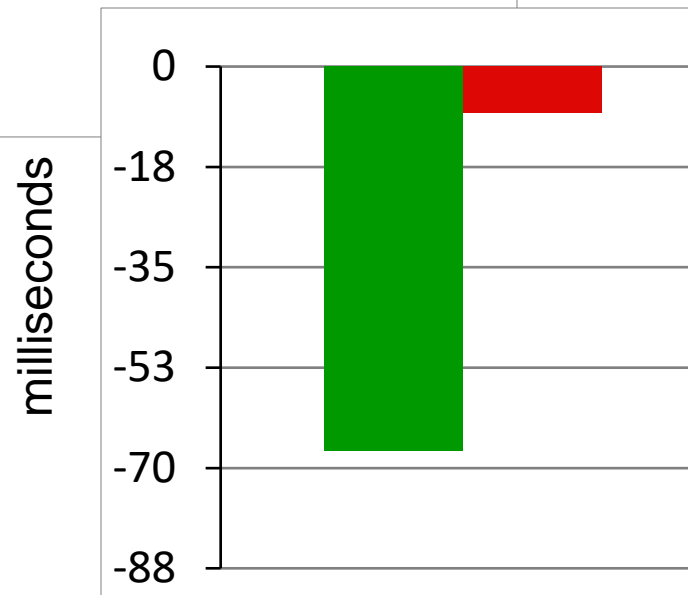
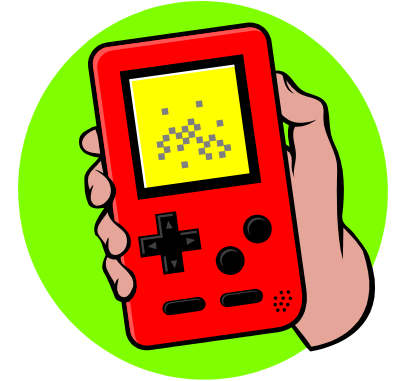
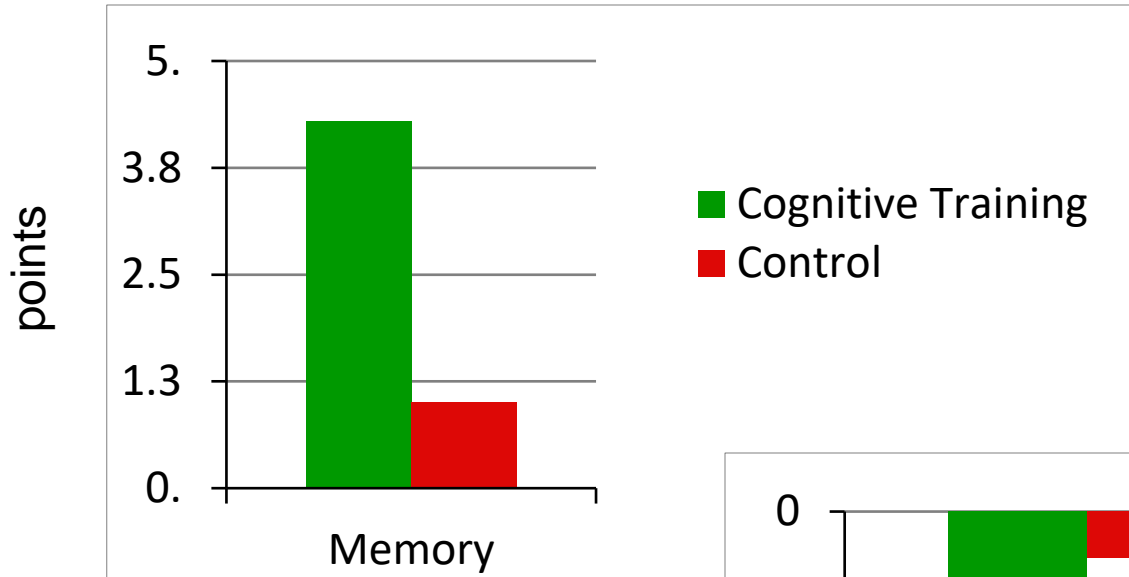
Make some friends



N = 11000, 50+ years old,
living in community

Ertel, K. A. et al. Am J Public Health (2008)

Play more video games

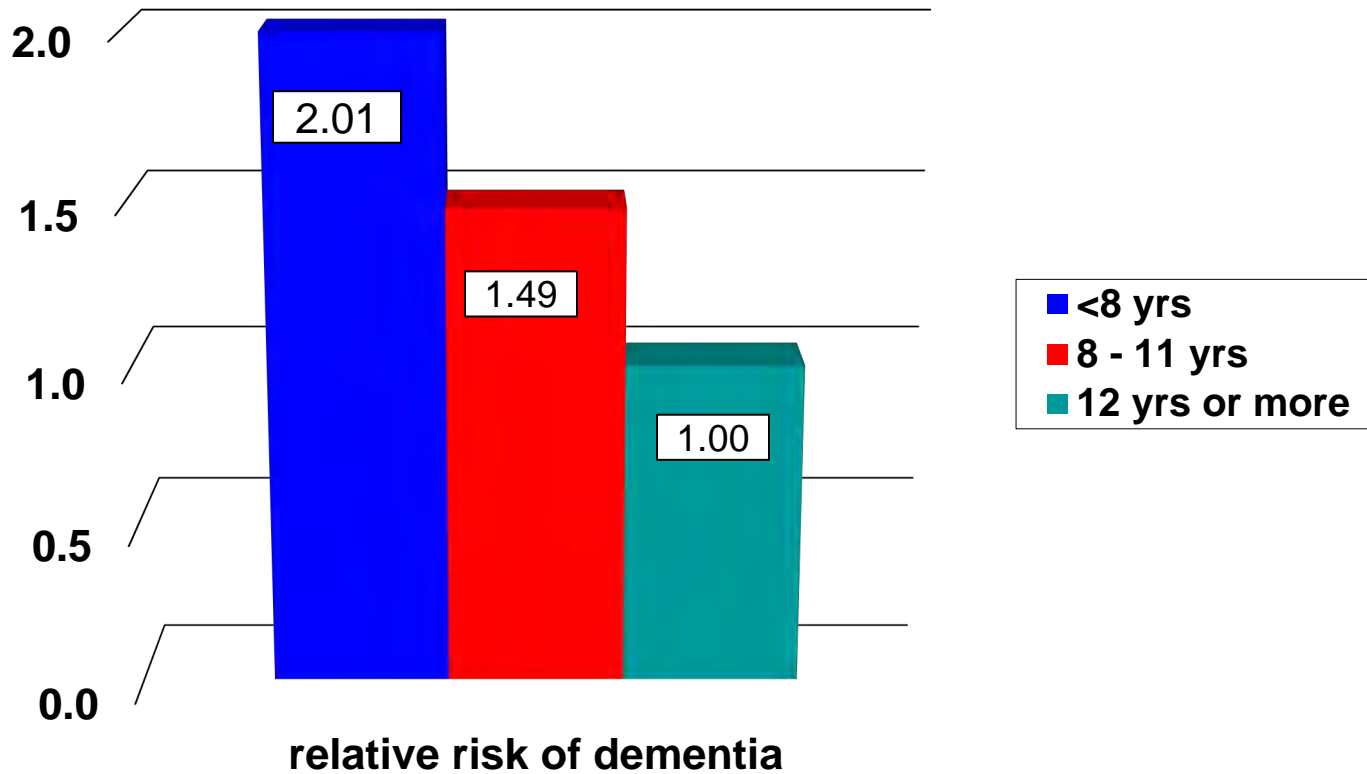


N = 487, 65+ years old,
cognitively intact

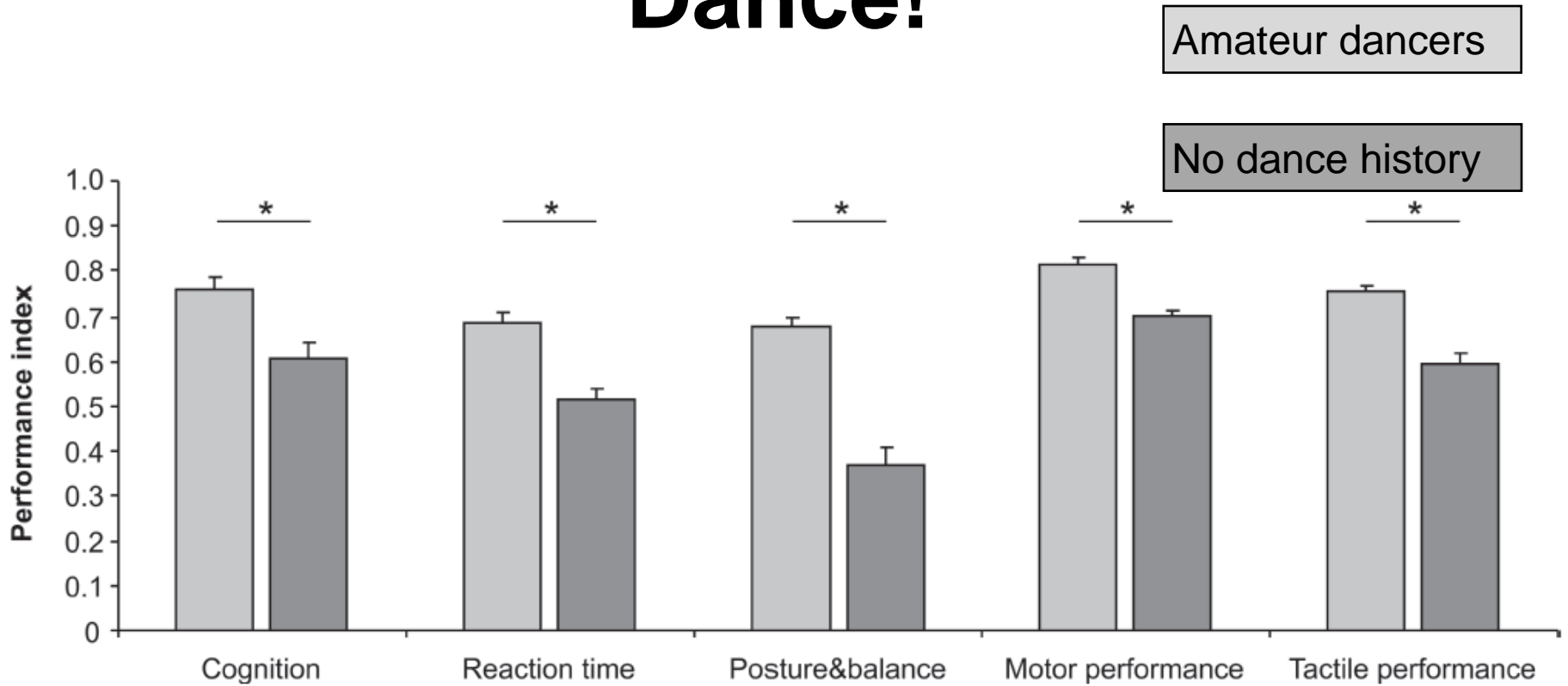
Processing Speed

Smith et al. JAGS (2009)

Go back to school

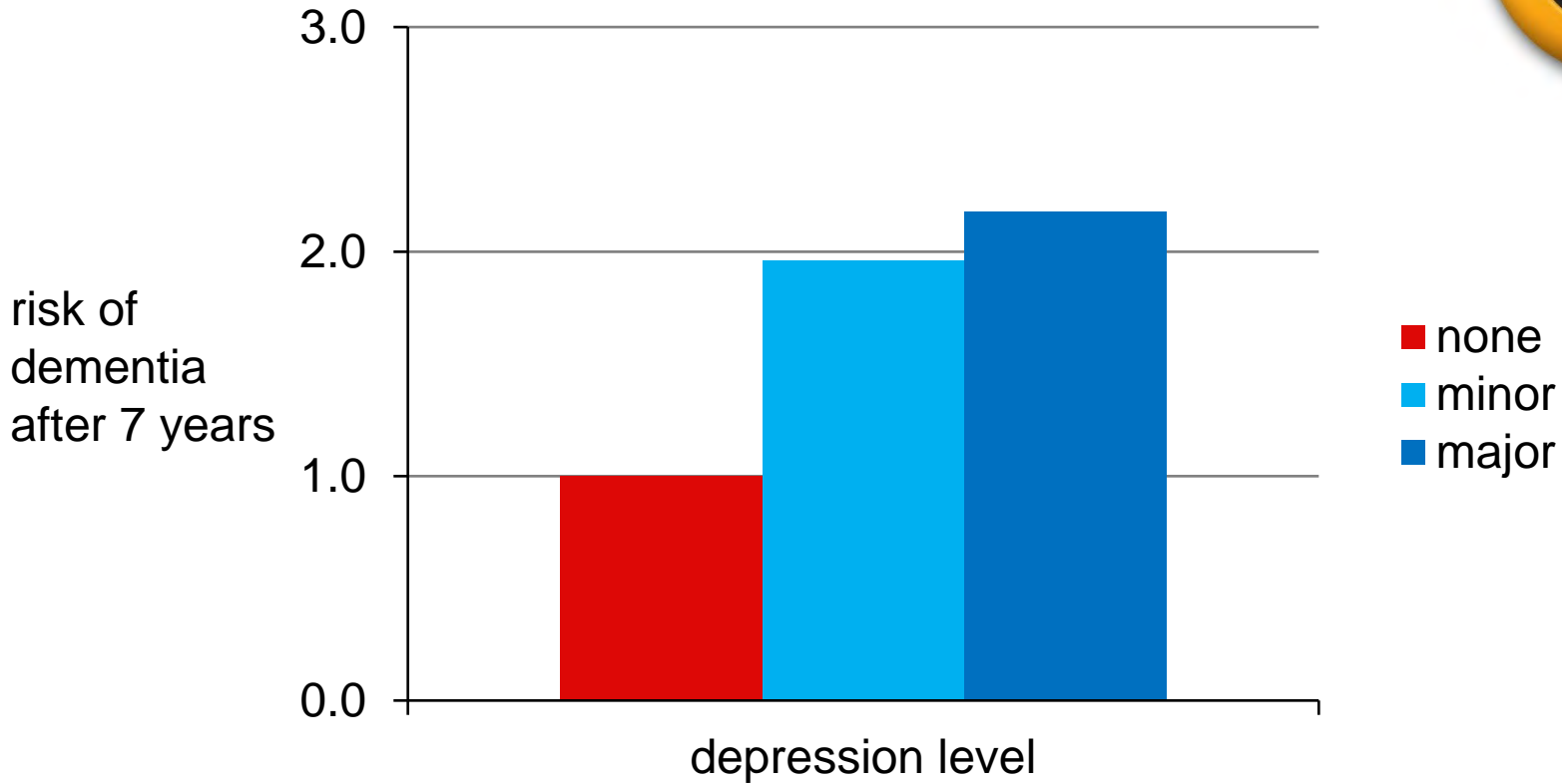


Dance!



Kattenstroth et al. (2010)

Be happy!



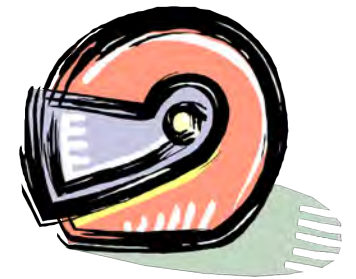
281,540 veterans aged 55 years and older without dementia at study baseline



Wear a helmet!



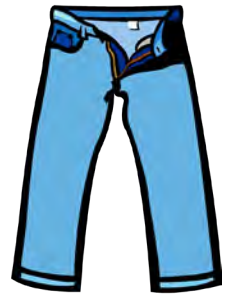
- Although findings are equivocal, most experts agree that brain injuries probably put you at risk for later neurodegenerative problems, like dementia



Jellinger et al. (2001),
Launer et al. (1999)



Get some new genes!



	Rate of dementia in first degree relatives
General population	1 – 2%
Late onset Alzheimer's disease	2%
Early onset Alzheimer's disease	7%

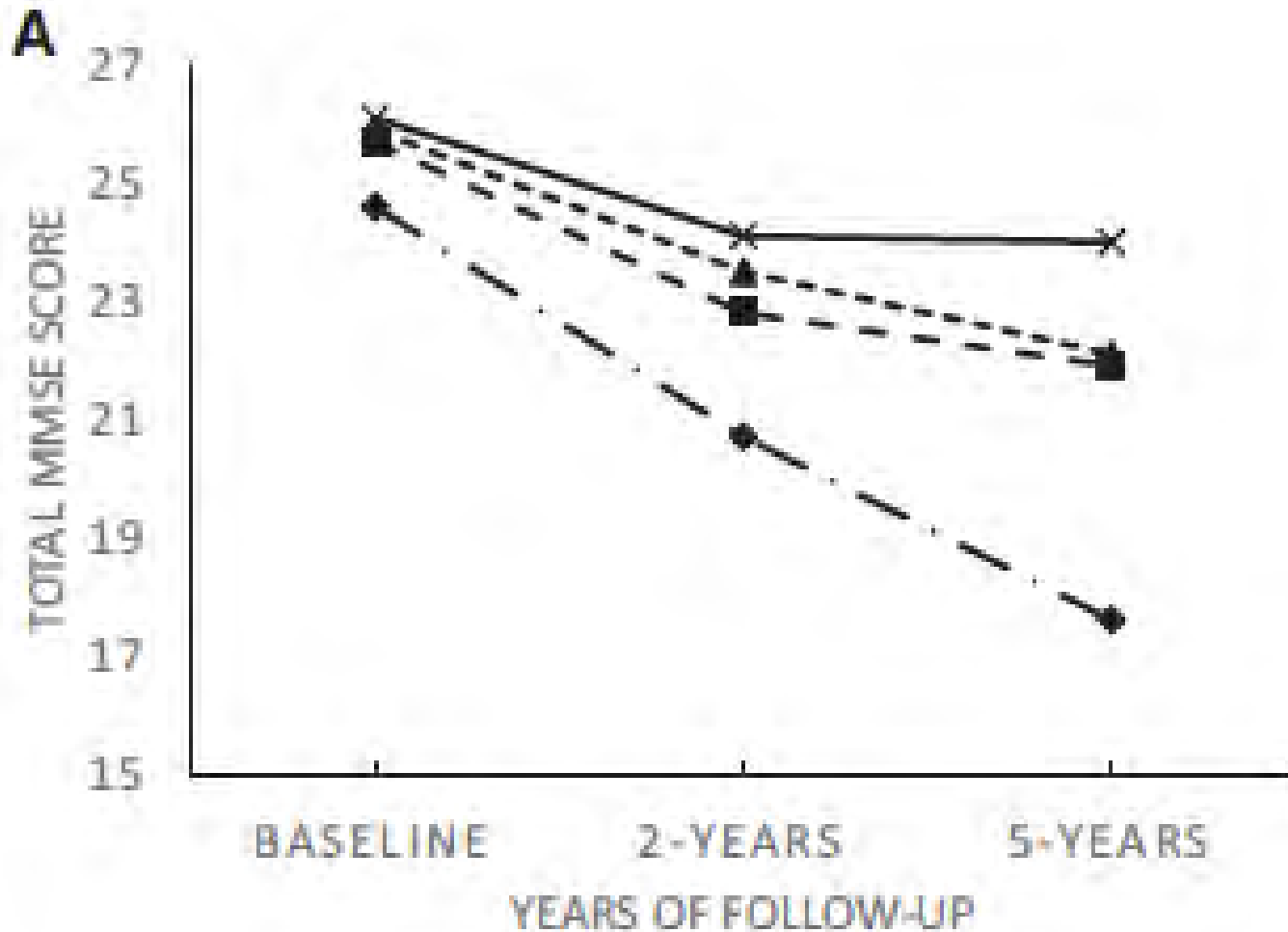


Lose that spare tire

Obesity (even in middle age) increases risk of dementia



Get out of the house



Life Space
Mobility

—◆— 0 to 20 —■— 21 to 40 —▲— 41 to 60 —×— ≥ 61

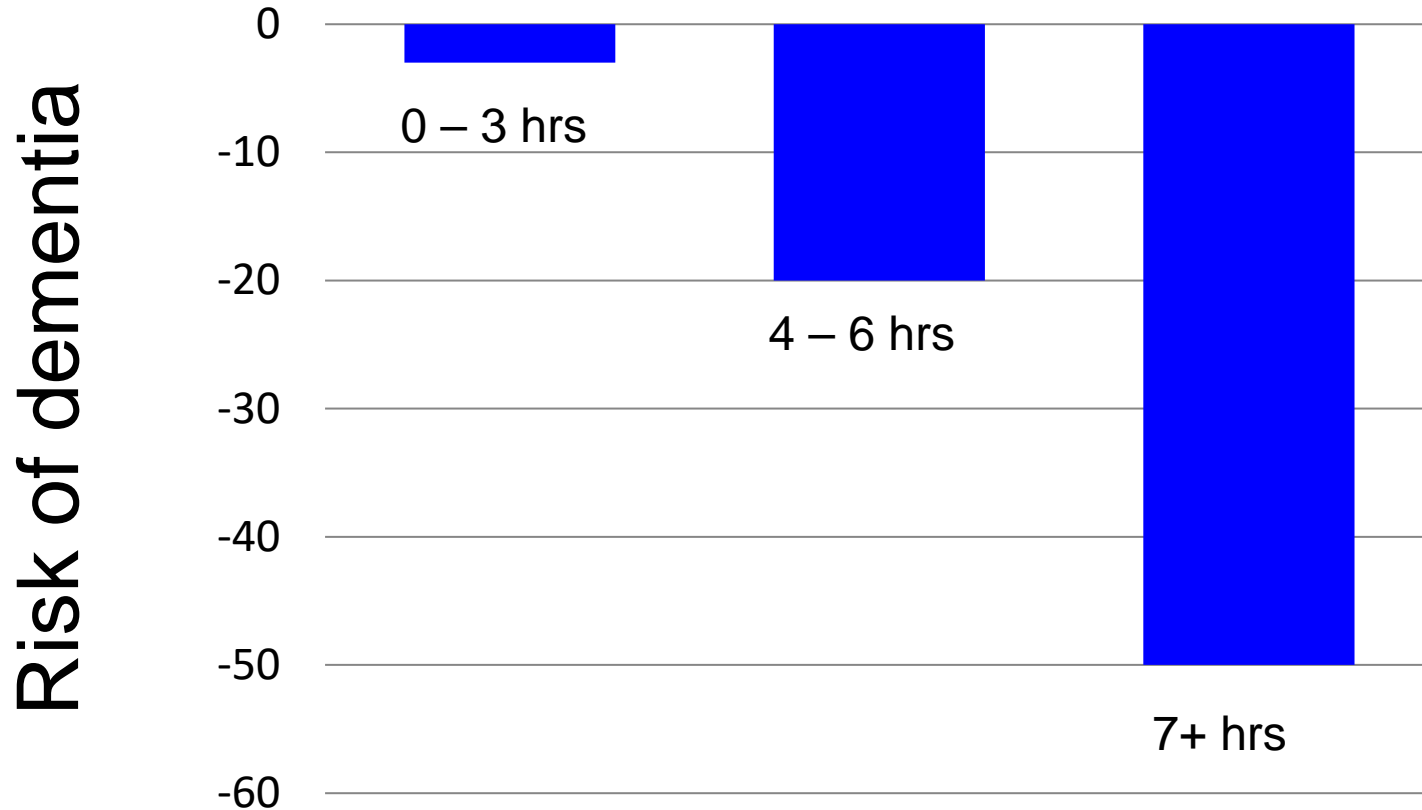
Silberschmidt et al. (2017)

Visit your doctor



- Managing chronic medical concerns can reduce risk of dementia
 - High blood pressure increases risk of dementia by 2 – 4 times
 - Type 2 (adult onset) diabetes is associated with 1.5 – 2.5 times the risk of dementia

Get a hobby



Beware Snake Oil





Other Lifestyle changes for a healthy brain



- Proper nutrition
- Get plenty of sleep
- Stop smoking



Tease your brain more than your hair

- Think differently, not harder
 - Challenge your mind to think in novel ways (e.g., “out of the box”)



Conclusion

- Aging affects the brain and its functions in a number of adverse ways
- There are many things you can do to improve brain fitness
 - Physical
 - Cognitive
 - Social
- For more information, <https://www.ohsu.edu/brain-institute/alzheimers-disease-resources-patients-and-families>