
SMILE


HIGH BLOOD
PRESSURE
BAD FOR MY BRAIN!

WHAT CAN INFLUENCE
TO KEEP YOUR
BRAIN HEALTHY


Traditional
Bionic Memory
Memory Aids
Attention
High Tech

Learning & Living for Brain Health

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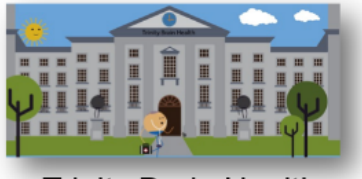
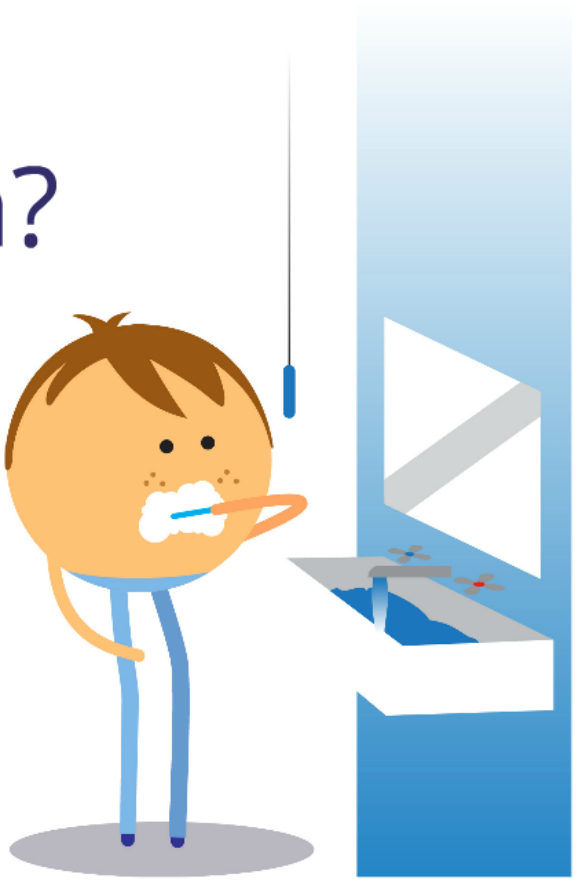
aloa
Adult Literacy Organisers Association



Trinity Brain Health

Did you brush your teeth?



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Risk

Age

Genetics [small compared to lifestyle]

Modifiable Risk Factors

Cardiovascular

- hypertension
- diabetes
- obesity

Psycho-social

- depression
- **social isolation & loneliness**

Health Behaviours

- smoking
- excess drinking
- low level physical activity
- **low education - low-level mental activity**

Protective

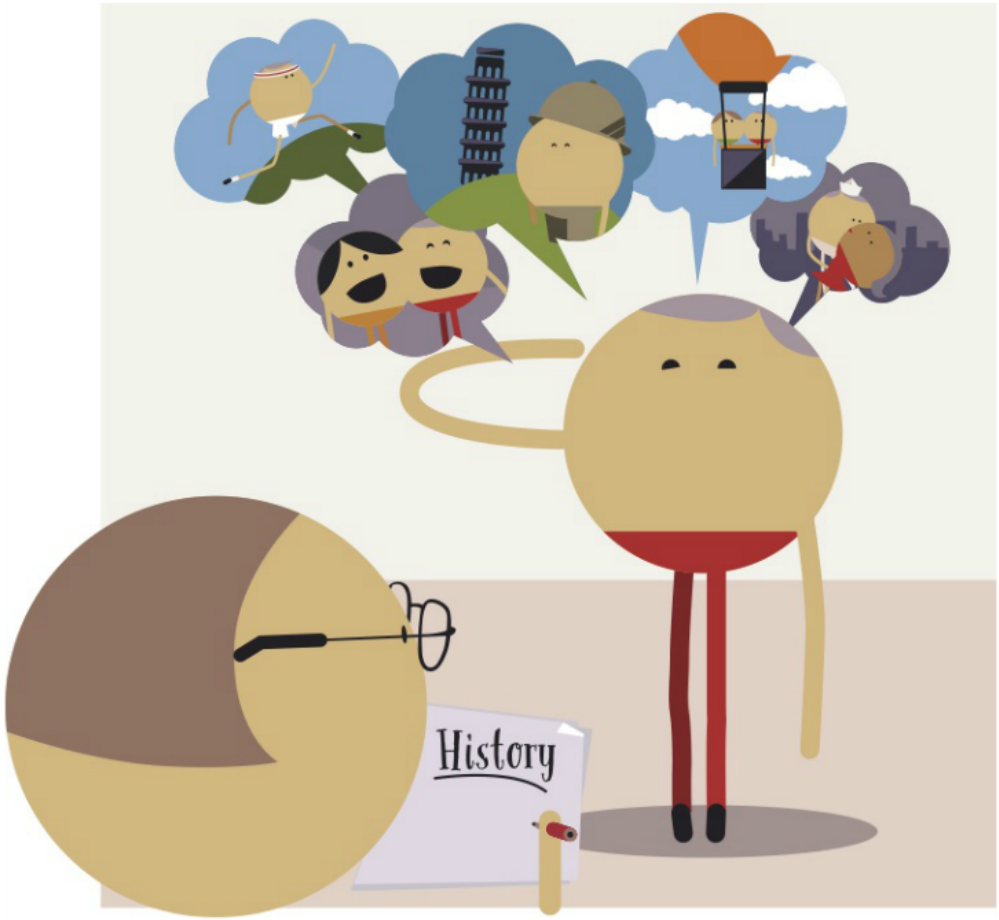
Education
Mental/cognitive activity
Occupation
Social connection
Exercise
Mediterranean diet

Modifiable Risk Factors

Those with better cardiovascular health who have been more physically, socially, and mentally active, who have adopted healthy eating habits, who don't smoke and drink alcohol in moderation are less likely, on average, to develop dementia

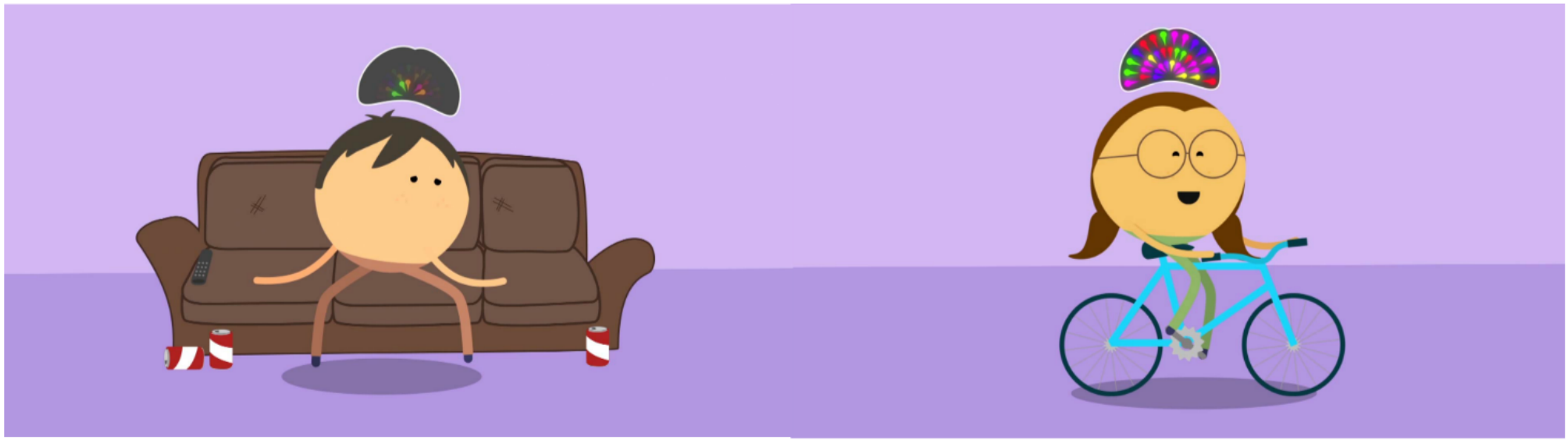
Ingredients but not the recipe.

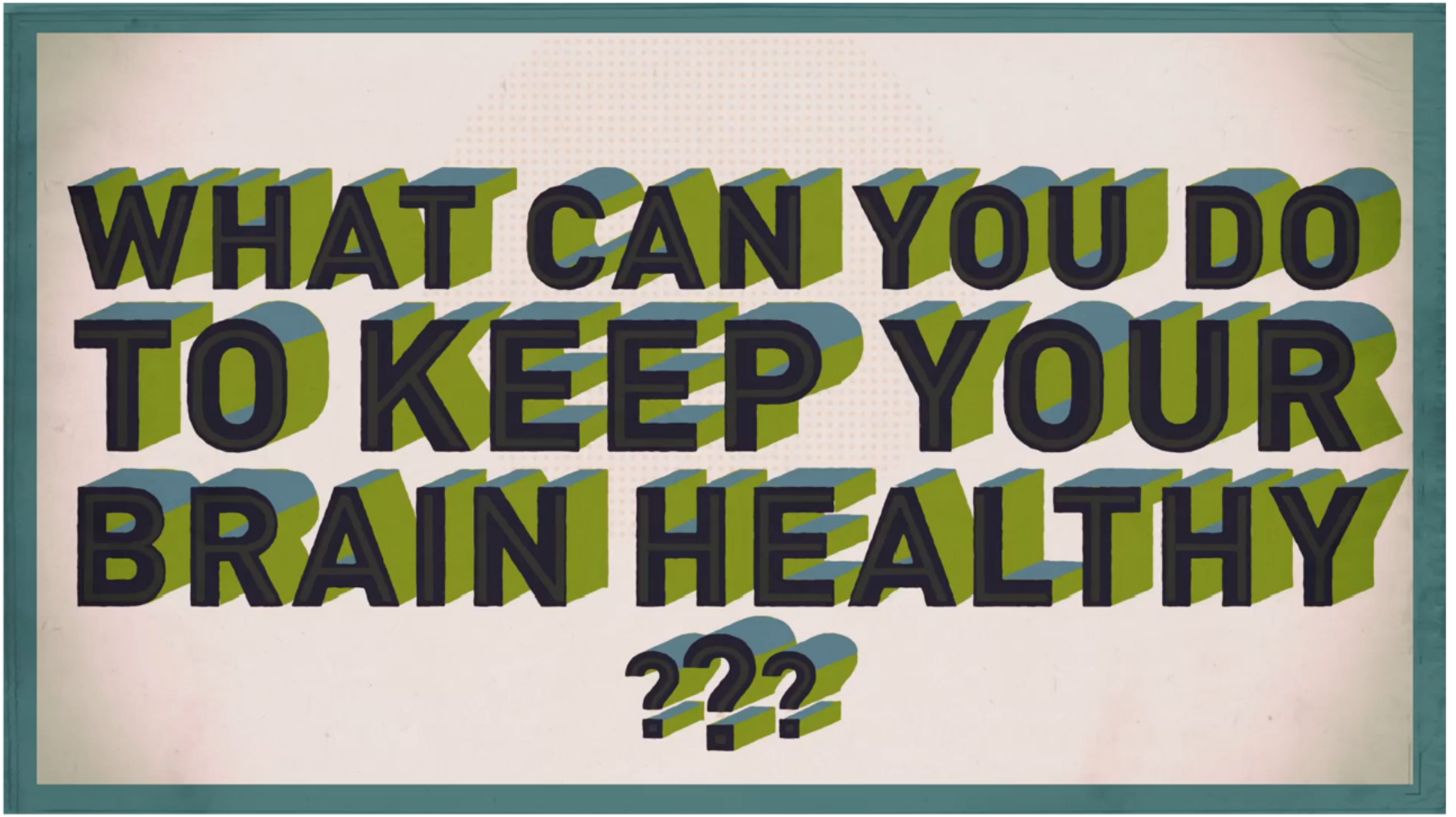
Our brain is constantly changing



our behaviours
our experiences
our lifestyle choices
shape it at any age

What we do or what we don't do...




WHAT CAN YOU DO
TO KEEP YOUR
BRAIN HEALTHY
???

WHAT CAN YOU DO TO KEEP YOUR BRAIN HEALTHY ???

Adopting a brain healthy lifestyle

Investing in Brain Capital

Keep brain healthy now

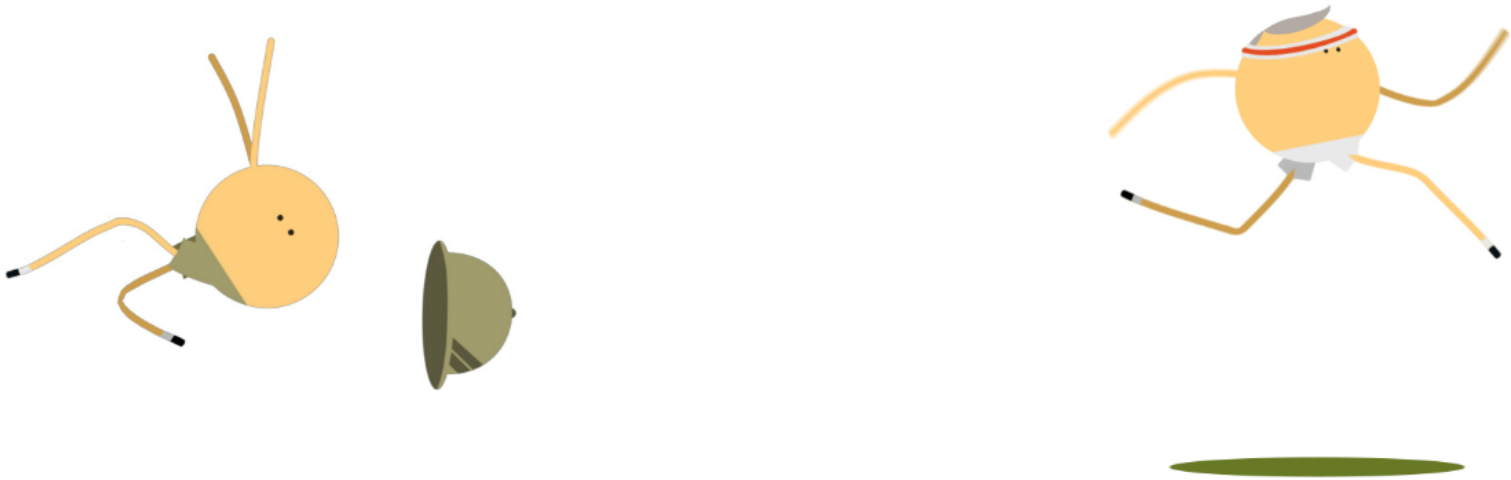
Build cognitive reserves

Cash in

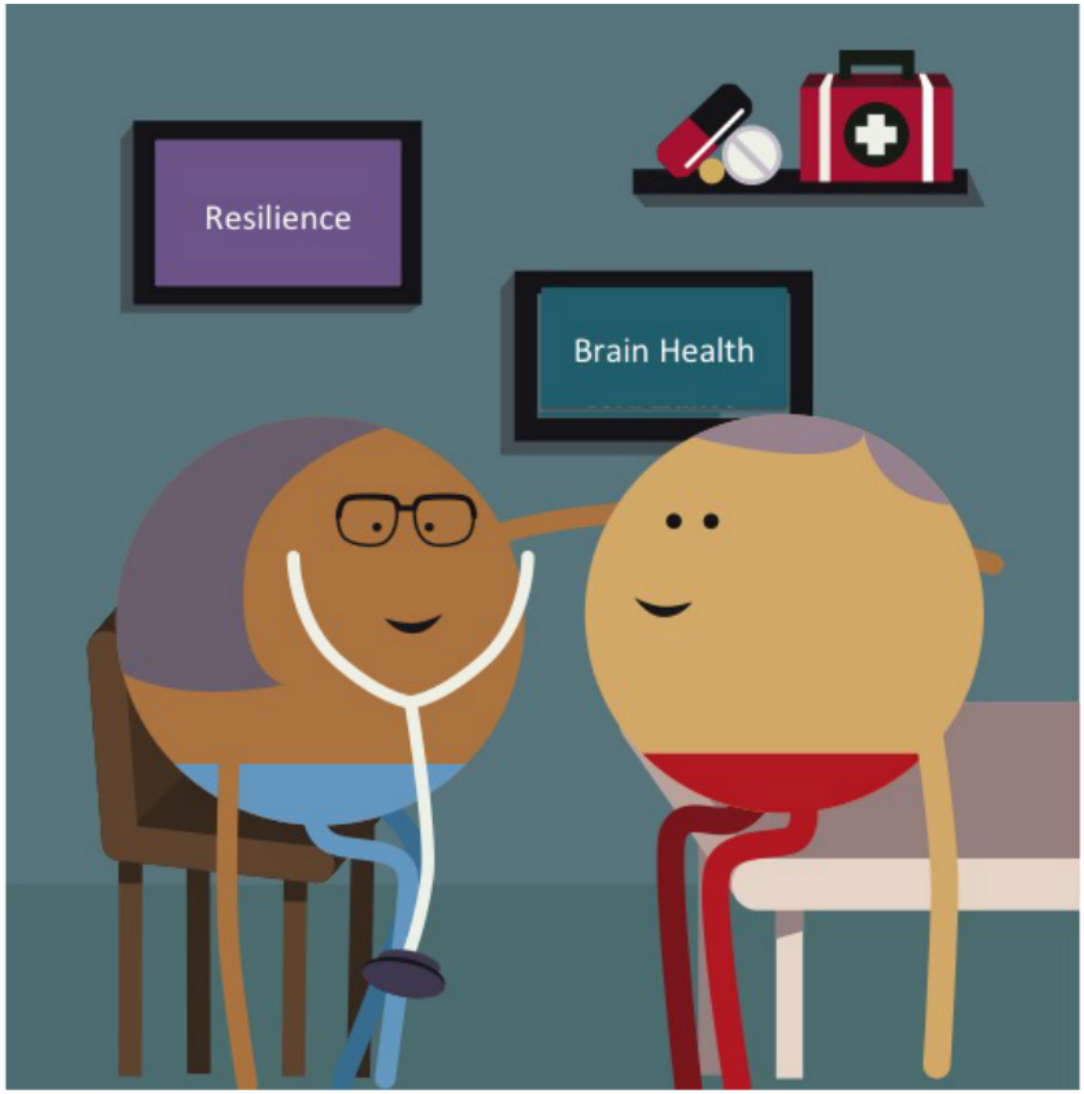
Cope with /Compensate

Disease - Damage - Decline

Resilience



Our brain has the capacity for resilience provided we give it a helping hand by living a brain healthy lifestyle



Cognitive Reserve

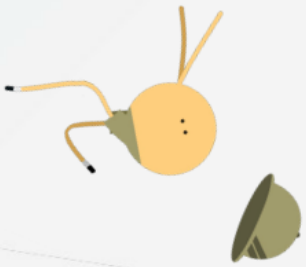
Repeated observation
no direct relationship
between the degree of
brain pathology / brain damage
the clinical manifestation of that
injury or disease

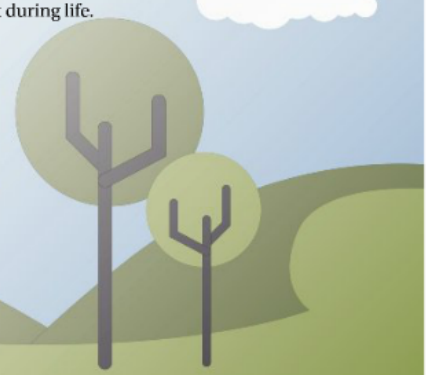
Stroke

Cognitive Reserve

- Brain is resilient
- 25% during autopsy fulfill criteria for AD - clinically intact
- better brain function
- even in the face of disease (physical damage)
- resilience linked to lifestyle factors
  - Education and Stimulating Activities

- Education is the most broadly and consistently successful cognitive enhancer
- Better even than drugs or sophisticated technology
- Education can build up our cognitive reserve at any point during life.





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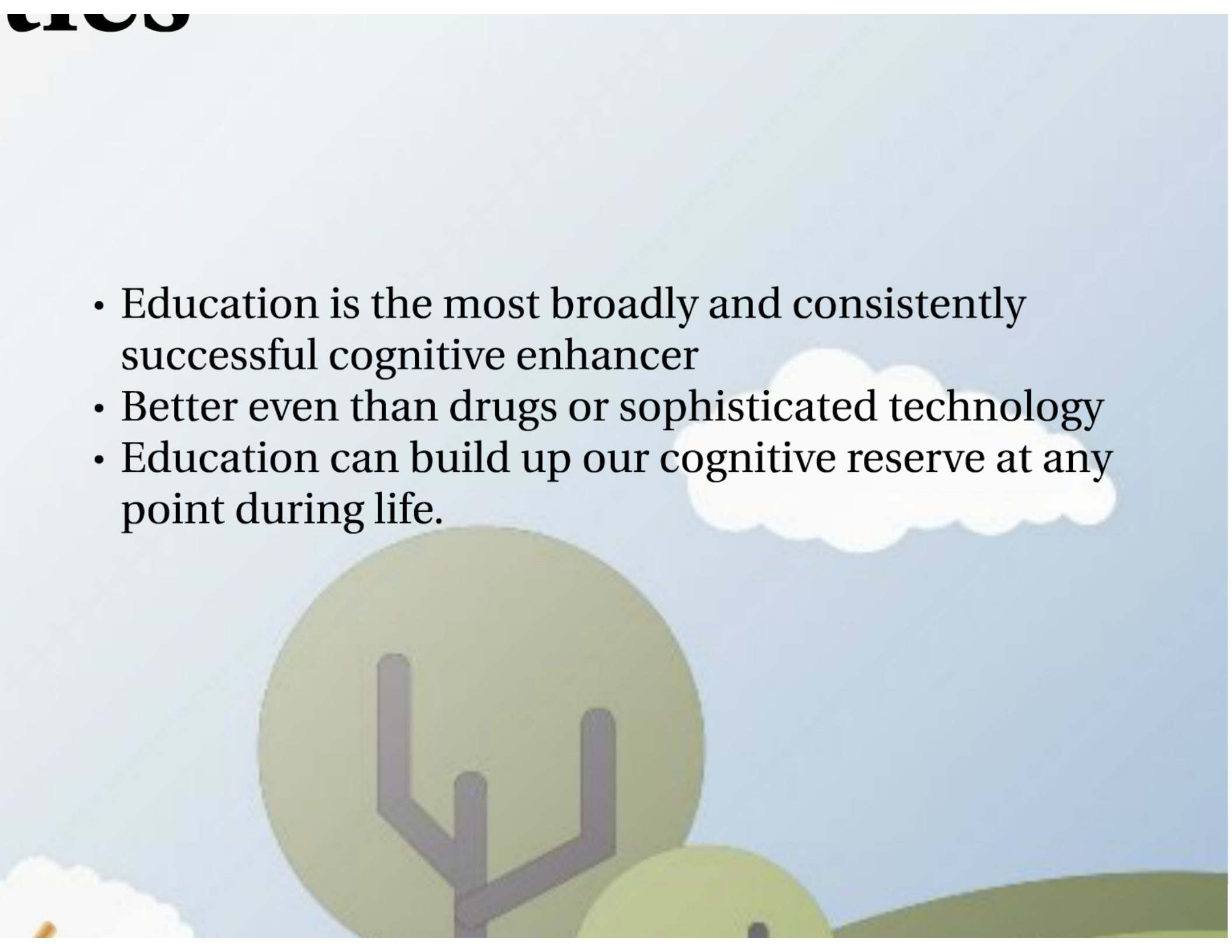


Cognitive Reserve

Education & stimulating activities interact to contribute to Cognitive Reserve

- **488 (healthy) - Bronx Healthy Aging Study - 5 years**
- **Reading, writing, crossword puzzles, games, discussions, music**
- **101 (dementia)**
- **Every activity day - (1 activity for 1 day per week)**
- **Delayed the onset of rapid memory loss for 2 months**
- **Positive effect independent of education level**
- **Never too late - lifelong**

Resilience

Resilience & Lifelong Learning

Resilience linked to:
factors associated with Lifelong learning

- level of education reached
- cognitively demanding tasks
- being socially active

Lifelong learning is linked to:

- improved quality of life & well-being
- reduced risk of social isolation
- reduces dementia risk
- increases chances of independent living

Neuroplasticity

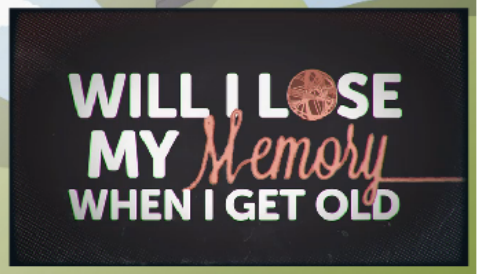
The brain has the ability to CHANGE throughout life
It can reorganise itself by forming new connections between neurons

- Beginning of life - when the immature brain organises itself
- Brain injury - to compensate for lost functions / maximize remaining
- Adulthood - whenever something new is learned or memorised

Plasticity IS the capacity of the brain to change with Learning.

Become expert in a specific domain -
the area in the brain that deals with that type of skill will grow

May boost resilience & allow us to cope with
or compensate for Alzheimer brain changes for longer




WILL I LOSE
MY Memory
WHEN I GET OLD

Neuroplasticity - Learning

Plasticity IS the capacity of the brain to change with Learning.

Learning to **Juggle** over several months increases grey and white matter

- areas of the brain motion sensors,
- integrate perceptual and motor information
- control hand and eye movments

- Learning a **language**
  - bilingualism associated with increased grey matter in area of the brain associated with language function [parietal lobe]
  - effect bigger in early rather than late learners BUT
  - short-term learning alters brain structure - 3 month language courses
  - 6 weeks, 1yr later effects still there for those who kept up language practice
  - learning a 2nd language even in later life
    - neuro-protective effects & may reduce risk of AD

Skill Specific - global changes - more efficient configuration of brain networks

Learning and Living for Brain Health

Learning

- **generates new brain cells,**
- **enriching brain networks**
- **opening new routes that the brain can use to bypass damage**

Our brains were built for learning and change - adapt to our ever changing world
Our brain confers on us the ability to do tomorrow what we couldn't do today

Learning is not just for school, college or university.
Learning is for living and Learning is for life
Learning is not just for the young Learning is for everyone

ACTIVITY	ATTITUDE	LIFESTYLE
GET PHYSICAL 	KEEP SMILING 	LOVE YOUR HEART 
STAY SOCIAL 	MANAGE STRESS 	CHERISH SLEEP 
GO MENTAL 	BE PRESENT 	CHOOSE BALANCE 

Top Tips for Brain Health

Get physically active

Stay socially engaged

Challenge your brain

Manage stress, think young, think positive

Adapt your lifestyle to protect your brain

Get Physically Active

Why?

- Brain - good supply of nutrients & oxygen
- Activity - direct benefit on structure & function
- Inactivity - increased risk of CV Disease
- aerobic fitness in MS
  - faster information processing
  - preserved brain tissue volue

Benefits

Exercise

- helps to grow brain connections
- associated with
  - better cognitive function
  - increased activity in brain cells - attention
  - may improve day-to-day memory
  - reduced levels of depression, stress and anxiety
- good for brain health because it improves mental health

Stay Socially Engaged

Why?

Social Networks - Neural Networks

People with more social ties

- live longer
- better health
- less depressed
- less like to develop cognitive impairment
- loneliness & social isolation - smoking & obesity

Benefits

Social Interaction

- 10 minutes can increase brain performance
- may deliver greater benefits than solving crossword puzzles
- rewarding, maintain brain health & may reduce risk

Challenge Your Brain

Why?

Life-long learning & education

- good for brain health
- lower risk of dementia

Challenging yourself,

- doing new things & learning are vital for brain health

Benefits

- **Learning generates new brain cells,**
- **enriching brain networks**
- **opening new routes that the brain can use to bypass damage**

Attitude

Manage Stress - Positive Attitude - Present-mindedness

Why?

- Chronic stress structural/functional effects on the hippocampus
- Positive Thinking
- Present-mindeness - Attention - Video

Benefits

Being present in the moment

- keep us away from negative thoughts or memories
- that cause depression, anxiety & stress

Mindfulness alters regions associated with memory

Chronic Stress interfere with learning

Well managed supports us through challenge, change & learning

Adapt Your Lifestyle

smoking, sleep, hypertension, diabetes, diet

Why?

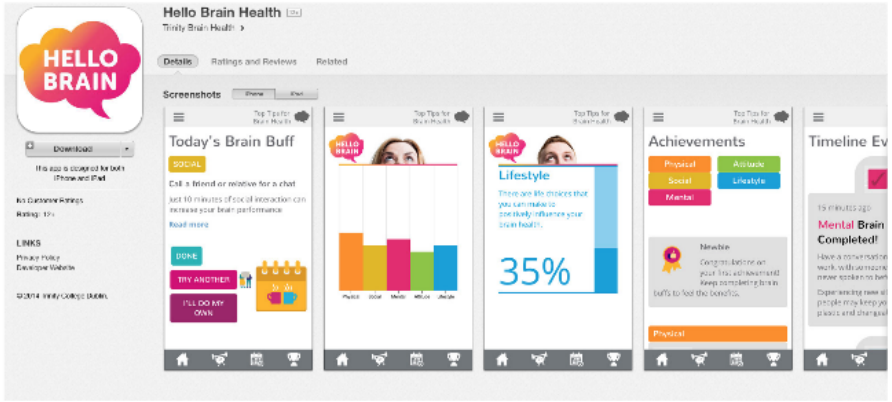
- Lifestyle choices influence brain health
- Smoking - cv - dementia risk - toxins
- Whats good for your heart is good for your brain

Benefits

- Also benefit cardiovascular, physical and mental health
- Brain builds memories while you sleep - good sleep habits
- Poor sugar control increases risk
- Manage hypertension - high blood pressure
- Maintain a healthy weight

www.hellobrain.eu

Carers



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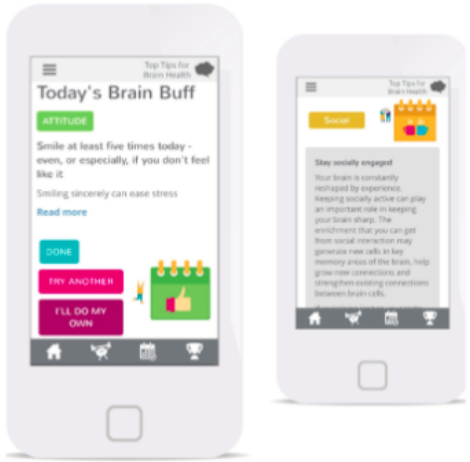

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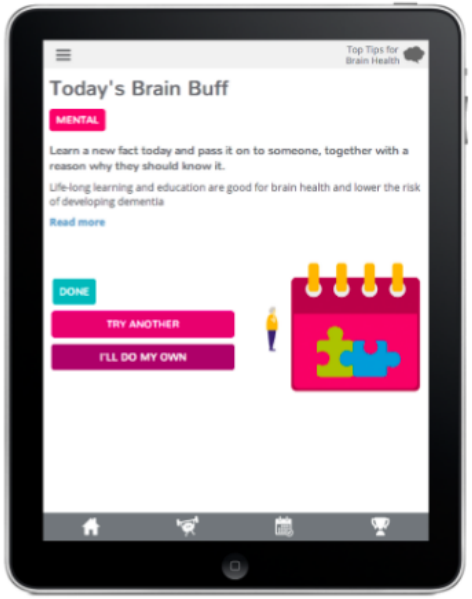


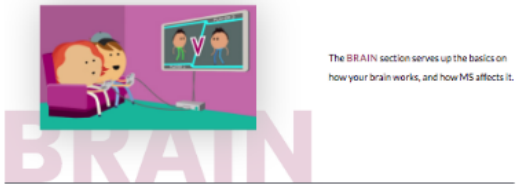
computer

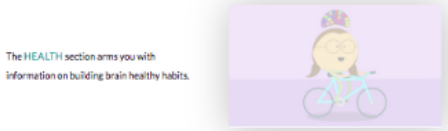
paper

Brain Health 4 Kids

www.freedemliving.com

www.brainhealth4ms.com





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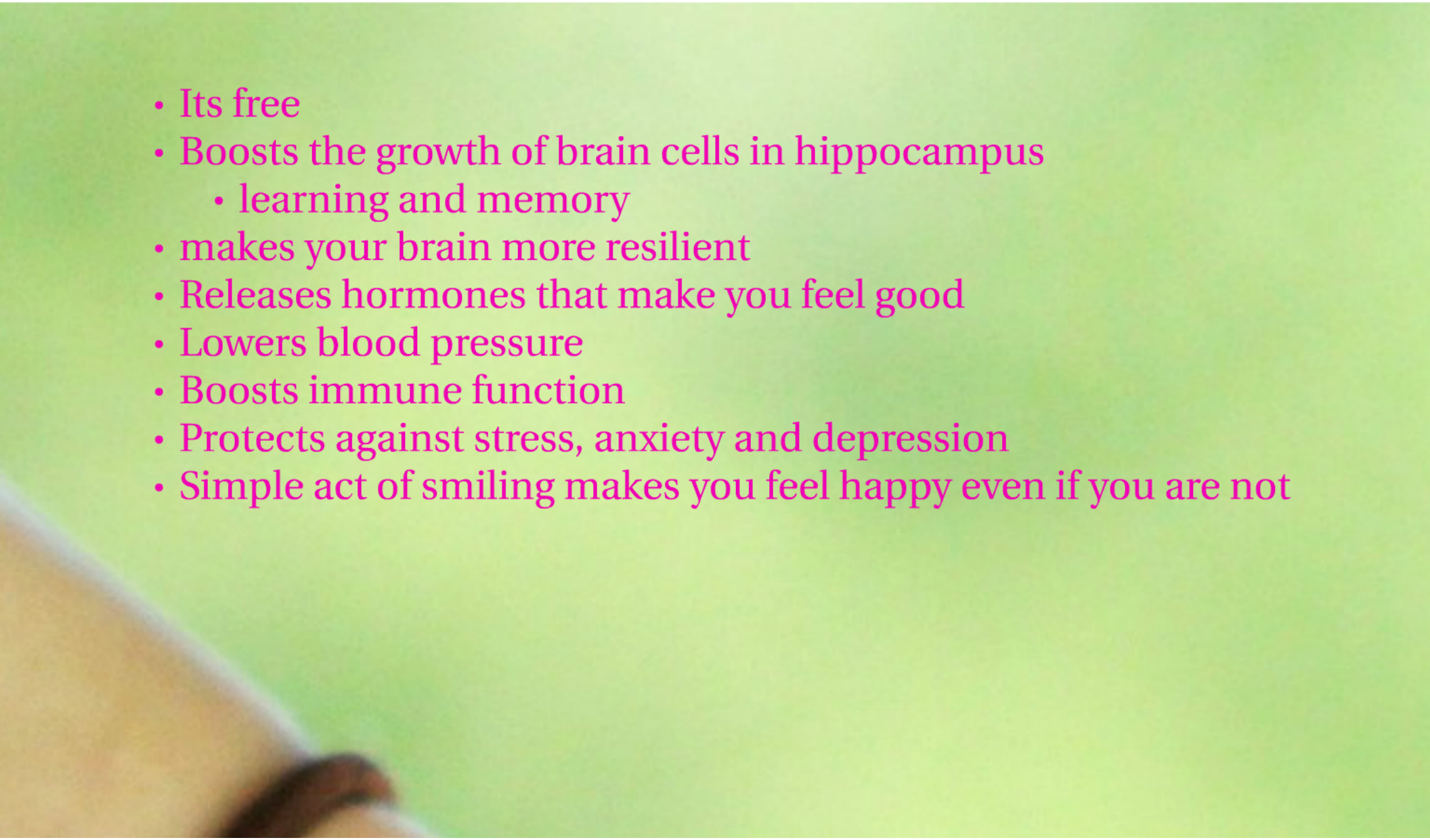
SMILE


• Its free
• Boosts the growth of brain cells in hippocampus
- learning and memory
• makes your brain more resilient
• Releases hormones that make you feel good
• Lowers blood pressure
• Boosts immune function
• Protects against stress, anxiety and depression
• Simple act of smiling makes you feel happy even if you are not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