

“For Your Brain” Handout

- 1. Stay mentally active.** Do brain stimulating activities such as crossword puzzles, word searches, attend lectures, play card games, gardening, etc.
- 2. Stay physically active.** This will promote blood flow to the brain and help protect against other diseases such as heart disease, diabetes mellitus, or strokes. Some of the activities one can do are taking walks, getting involved in Tai Chi particularly with a group of people, stationary bicycling, etc. Try to exercise for 30 minutes everyday.
- 3. Develop healthy eating habits.** Research has shown that high cholesterol in one’s diet can be part of the cause of strokes and brain cell damage. Therefore, to protect the brain eat a diet that is low in cholesterol and fat and high in antioxidants like dark vegetables and fruit. Stay hydrated too!
- 4. Simplify life.** Use pill boxes to organize medications each day. Allow family members to be involved with day to day activities. If additional assistance is needed with any senior needs, you may speak with a social worker who can help connect you with resources. You may reach a social worker with Senior Spectrum at (714) 969-6277.
- 5. Medications and supplements.** Some of the typical medications to help with memory include: Aricept, Namenda, Razadyne and Exelon. Curcumin complex 900mg twice a day and Vitamin E 1000 IU twice a day has been shown to help those who have memory problems and this can be purchased over the counter. Cerefolin taken once a day is a medicine the doctor may prescribe that has folic acid and B vitamins which helps to protect against strokes and heart attacks.
- 6. Watch for infections!** Your memory may get worse if you are suffering from an infection especially a urinary tract infection. Be sure to let your doctor know if a dramatic sudden decline is noted especially by a family member or caregiver. This is even more of a reason to stay hydrated!