



TIPS

for Preventing Alzheimer's Disease

- ❑ **Stay Physically Active.** Adults who are physically active may be less likely to get Alzheimer's disease or dementia than adults who are not physically active. While moderate activity is usually safe, it is best to talk with your doctor before beginning any exercise program.
 - ❑ **Stay Mentally Active.** Research also suggests that staying mentally active reduces your risk of Alzheimer's disease and dementia. Reading, playing cards or games, solving crossword or sudoku puzzles, and taking part in other leisure activities that engage your mind may help you avoid Alzheimer's disease.
 - ❑ **Stay Socially Active.** An active social network is a great way to prevent Alzheimer's disease. Social interaction can bolster your memory and cognition.
- Stay connected with family and friends. Clubs, volunteer work, and religious groups are also good opportunities for mentally stimulating socialization.
 - ❑ **Pay Attention to Your Diet.** People who eat more fruits and vegetables, fish, and foods rich in fiber and omega-3 oils (the so-called Mediterranean diet) and who eat less red meat and dairy may have some protection from Alzheimer's disease.
 - ❑ **Reduce Stress.** Stress releases cortisol, which can damage or kill brain cells and cause the brain to atrophy. Over a lifetime, chronic stress can build up and become a risk factor for Alzheimer's disease.
 - ❑ **Quit Smoking.** Smoking after age 65 increases your chances of getting Alzheimer's disease by more than 70%.

Tips for Patients are available for download at www.neurologyreviews.com.