

FOR IMMEDIATE RELEASE

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## June is Alzheimer's and Brain Awareness Month

The brain is a powerful organ. Worldwide, 50 million people are living with Alzheimer's or a form of dementia. June is Alzheimer's and Brain Awareness Month — an opportunity to join the Alzheimer's Association in a conversation about the brain, Alzheimer's disease and other dementias.

Alzheimer's disease leads to nerve cell death and tissue loss throughout the brain. Over time, the brain shrinks, affecting nearly all its functions. During June, the Alzheimer's Association asks people around the world to go purple and use their brains to fight this devastating disease. You can learn more at [www.alz.org/abam](http://www.alz.org/abam).

Although Alzheimer's disease cannot be prevented, slowed, or cured, there are steps you can take to live an overall brain-healthy lifestyle. Taking steps *now* to adopt or maintain a healthy lifestyle will improve your overall health and well-being, but also help to reduce your risk for cognitive decline, heart disease, and other debilitating and chronic diseases. The Alzheimer's Association provides these 10 Ways to Love Your Brain!

- **Break a Sweat** - Engaging in regular exercise for at least 150 minutes per week, elevates your heart rate and increases blood flow to the brain and body.
- **Hit the Books** - Formal education in any stage of life will help reduce your risk of cognitive decline and dementia, let's learn something new!
- **Butt Out** - Quitting smoking can reduce cognitive decline risk to levels comparable to those who have not smoked.
- **Follow Your Heart** - Control your blood pressure and strive to maintain a healthy weight. Take care of your heart and your brain might follow!
- **Heads Up** - Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
- **Fuel Up Right** - Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Learn how to make a Med DASH to Health at <https://bit.ly/2SvyKyT>.

- **Catch Some Zzzz's** - Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- **Take Care of Your Mental Health** - Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
- **Buddy Up** - Stay social with friends, family, and in your community. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program.
- **Stump Yourself** - Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic.

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