

KEEP YOUR

# brain strong

Maintaining your brain's health beyond age 65

## Ask for a memory screen

Did you know your Medicare Annual Wellness Visit is free and that it includes a memory screening? Take control of your brain health now.



## Take control of chronic diseases



## Eat healthy foods



## Be active



## Learn new things



## Connect with friends, family, your community



**GARD**  
Georgia Alzheimer's and Related Dementias  
Collaborative

# KEEP YOUR brain strong

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## Schedule your Medicare Annual Wellness Visit (AWV) today!

This establishes your Personalized Prevention Plan for health. This visit includes:

- Memory loss and depression screening
- Screening for all chronic diseases
- Update medical history, medications, family history
- Update immunizations



## Take control of chronic diseases

Heart disease, diabetes, COPD, and high blood pressure can cause strokes. Strokes can cause some types of dementia.

- Diabetes control with A1C less than 8
- Blood pressure controlled with systolic less than 150 / diastolic less than 90
- Cholesterol less than 200; HDL greater than 60
- Stop smoking
- Take your prescribed medicines daily
- Get screened for hearing loss
- See your dentist every six months or more if you have problems with your teeth. If you have dentures, see your dentist every year.



## Eat healthy foods

The proper diet can help slow decline in reasoning and understanding.

- Eat heart-healthy low-fat, lean-meat and vegetable-rich meals
- Mediterranean, MIND and DASH diets are suggested
- Visit **[www.myplate.gov](http://www.myplate.gov)** for specific recommendations



## Be active

Daily physical exercise is recommended to maintain strength, stamina, control chronic disease and the ability to live independently.

- 15-30 minutes of physical activity per day is recommended for improved health
- Examples are walking, swimming, dancing, cycling and gardening



## Learn new things

Memory and thinking ability improve when we learn something new.

- Take a class: photography, language, music, computer processing, quilting
- Play card games, play chess or work crossword puzzles



## Connect with family, friends, and communities

Positive interactions with other people improve well-being and mood. Untreated mood disorders can affect memory and thinking.

- Maintain your connection to church, family and community activities
- Engage in activities that give purpose and meaning to your life

For more information, visit **[aging.ga.gov](http://aging.ga.gov)**.