

KEEP YOUR

brain strong

Maintaining your brain's health

Go Annual

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



Challenge yourself



Connect with friends, family, your community



GARD
Georgia Alzheimer's and Related Dementias
Collaborative

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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
- Get screened for hearing loss



Take control of chronic diseases

Heart disease, diabetes, COPD, and high blood pressure can cause strokes. Strokes can cause some types of dementia. Recommended numbers may vary by each person's age and health condition. Discuss your individual goals with your health provider.

- Control your diabetes. The goal for people with diabetes is an A1C level less than 7
- Control your blood pressure. Numbers less than 120/80 mm Hg are considered the normal range
- Cholesterol less than 200; HDL greater than 60
- Stop using tobacco
- Take your prescribed medicines daily
- 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 foods
- Mediterranean, MIND and DASH diets are suggested
- Visit eatright.org or hsph.harvard.edu/nutritionsource/healthy-eating-plate for specific recommendations



Be active

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

- At least 30 minutes of physical activity throughout the day
- Examples are walking, swimming, dancing, cycling and gardening



Challenge yourself

Memory and thinking ability improve when we learn something new.

- Take a class: photography, language, computer processing, quilting
- Start a new hobby, like learning a new instrument."



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