

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

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 less than 60
- Stop smoking
- Take your prescribed medicines daily
- Get screened for hearing loss



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** 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