



KEEPING YOUR brain healthy

Brain health is your ability to learn, remember, plan and concentrate on things. Exercise is good for your brain – but it's a different type of workout. Here are some things to know about boosting your own brain health.

Puzzles are great – but they don't fight dementia.

There is no evidence that crosswords and sudoku puzzles can prevent Alzheimer's disease. But they're still great brain exercise, so keep doing them!

Bring out your creative side.

Recent studies show that doing a creative art can help improve memory, comprehension and problem-solving abilities as you age. So pick up that musical instrument, paintbrush or whatever is fun and creative for you to do.

Talk to your doctor.

If you're worried about memory loss or brain changes, talk to your doctor. They can help you find out the cause of any brain changes and work toward a solution. For instance, lack of sleep and certain medications can cause changes in mood or memory.

Source: National Institute on Aging