



Meaning and purpose promote brain health

Having a strong sense that your life has meaning and direction may make you less likely to develop areas of brain damage caused by blockages in blood flow as you age. This research is reported in the American Heart Association's journal *Stroke*.

When a blockage interrupts blood flow in a vessel within the brain, a stroke can result or brain tissue can be damaged. As people age, this damaged tissue may contribute to dementia, movement problems, disability and death.

“Purpose in life differs for everyone and it is important to be thoughtful about what motivates you (such as volunteering, learning new things, or being part of the community) so you can engage in rewarding behaviors,” said the researchers at the Rush University Medical Center, Alzheimer’s Disease Center.