

Brain Health:

Student Presenter Instructions

DO NOT DISPLAY for AUDIENCE. Presentation begins on Slide 2.

Students must review all content and rehearse delivery of this presentation at least 5 days prior to the scheduled presentation date.

- Any questions related to this presentation should be directed to the regional campus Geriatrics Clerkship Director or Geriatrics Education Director (Dr. John Agens).
- Please be sure to gather all appropriate handouts and other materials

Be advised that there are speaker notes/ instructions that guide the presenter throughout the presentation.

- Most of the information will be provided on the slides.

There is also background information provided for the speaker. This information is intended to enhance the speaker's knowledge and understanding of the content. It is not intended to be shared with the audience and may include medical jargon.

- Students are encouraged to use mobile apps for any additional evidence based information that they desire.
- Student comments / suggestions for quality improvement for this presentation are encouraged and appreciated.

Remember to speak slowly, loudly, and clearly. Restate audience questions before answering them. Make sure you are using the microphone correctly.

Brain Health:

AGING WITH GRACE

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As you are aging...

- Raise your hand if you have noticed any changes in memory.
- Raise your hand if you are concerned about you, or a loved one, developing dementia or Alzheimers disease.

Outline

- The Aging Brain
- Caring for Your Aging Brain
- Basics of Keeping Your Brain Healthy
- Making an Action Plan to Maintain Your Brain Health

Aging Brain: Myths and Facts

Myth #1:

Becoming forgetful is normal aging.

Fact: Mild forgetfulness is normal.

Severe memory loss such as forgetting how to brush your teeth, is not normal aging.

Aging Brain: Myths and Facts

Myth #2:

The ability to learn decreases as you age.

Fact: The ability to learn continues as you age. Changes in vision and hearing may make it harder for new information to get into the brain.

Aging Brain: Myths and Facts

Myth #3:

Most adults over the age of 65 have Alzheimers disease or dementia.

Fact: Most people grow older without ever developing Alzheimers disease or dementia.

Age-related minor memory loss does not turn into Alzheimers disease.

Aging Brain: Myths and Facts

Myth #4:

The brain has no ability to grow new nerve cells.

Fact: Research shows the brain can create new nerve cells and connections between nerve cells throughout our lifetime.

What is Dementia?

Dementia is not a specific disease.

Dementia is a term that describes a wide range of symptoms resulting from ongoing brain cell damage. Symptoms include:

- Cognitive decline in one or more domains:
 - Learning and memory
 - Language
 - Executive function
 - Complex attention
 - Perceptual motor
 - Social cognition
- Cognitive deficits interfere with independence in everyday activities. At a minimum, assistance required with complex daily activities such as paying bills or managing medications.

Alzheimer's is one of several forms of dementia.

“Tell me and I will forget it.

Show me and I will remember.

**Involve me and I will
understand”**

–Confucius

Normal Aging or a Warning Sign of Dementia???

Making a bad decision once in a while

Making poor financial decisions such as giving large amounts to telemarketers

New inability to balance a checkbook

Missing a monthly payment

Forgetting which day it is, and remembering later

Losing track of the season or year

Stopping in the middle of a conversation with no idea how to continue

Sometimes forgetting which word to use

Frequently losing things and accusing others of stealing

Misplacing your reading glasses

Warning Signs Comparison Chart

Typical age-related changes	Signs of Alzheimers
Making a bad decision once in a while	Making poor financial decisions such as giving large amounts to telemarketers
Missing a monthly payment	New inability to balance a checkbook
Forgetting which day it is and remembering later	Losing track of the season or year
Sometimes forgetting which word to use	Stopping in the middle of a conversation with no idea how to continue
Misplacing your reading glasses	Frequently losing things, accusing others of stealing

Warning Signs of Dementia

1. Memory loss that disrupts daily life
2. Challenges in planning or solving everyday problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images; trouble judging spatial distance
6. New problems with words in speaking or writing
7. Misplacing things and unable to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you notice any of these signs, see your healthcare provider.

Why Care for Your Brain?

A healthy brain helps prevent cognitive decline and memory problems.

If already diagnosed or showing signs of dementia:

Improving your brain health can delay progression of the disease

If you are a caregiver:

Caregivers who have good brain health are better able to care for their loved ones and are less likely to develop health related problems associated with caregiving

(Harter, 2010)

Healthy Heart = Healthy Brain

- High Blood Pressure is known to cause strokes which can lead to dementia
- Managing your high blood pressure is a great strategy to protect your brain
- Make sure to check with your healthcare provider to use safe approaches for lowering blood pressure



(Hypertension Management, 2015)

Health Prevention for your Brain

7 Tips for keeping your brain sharp and working well throughout your life...

Prevention Tip #1:

See your provider regularly



- Seeing your healthcare provider regularly can help to maintain health as well as identify early signs, risk factors, or symptoms of brain disease.
- If you have chronic health conditions, managing those conditions is important. Conditions such as heart disease and diabetes can impact your brain function.
- This gives you an opportunity to review medications and supplements with your provider.
- Take an active role in your health care - talk to your provider about your concerns and what you can do about them.

Prevention Tip #2:

Exercise = Physical Activity

- **Exercise has the potential to increase mental function and protect against the aging of your brain.**
- Check with your healthcare provider before starting any new exercise routine or program.
- Find an activity you like and that motivates you to continue.
- Start slow.
- Walking is a wonderful way to start exercising.

Prevention Tip #3:

Eat a Healthy Diet



General guidelines:

Fill 1/2 of plate with non-starchy vegetables

Fill 1/4 of plate with lean protein

Fill 1/4 of plate with whole grains

Drink 6-8 glasses of water a day

Prevention Tip #4:

Get Quality Sleep (7-8 hours a night)

Many adults complain of sleep problems as they age, including insomnia, daytime sleepiness, and frequent waking during the night. Suggestions for better sleep:

1. Turn off all electronics 1 hour before bed time.
2. Have a regular time that you sleep and wake up each day.
3. Develop bedtime rituals (like taking a bath, or playing soft music).
4. Adjust your bedtime to match when you feel tired, even if that's earlier than it used to be.
5. Exercise regularly, but avoid food and exercise within 2 to 3 hours of bedtime.

Prevention Tip #5:

Manage Stress & Depression

- Excessive prolonged stress can cause fatigue, sleep disturbances, poor concentration, memory problems and ultimately negatively affect your brain.
- If you find you are stressed often or for long periods of time, seek help to develop coping skills.
- Long term stress can lead to depression, and depression can impair brain health, which can cause memory loss and attention deficits.
- It is also important to acknowledge and express your feelings in a healthy way.

Prevention Tip #5:

Managing Stress with Meditation

5 - 10 minutes of meditation a day can reduce anxiety, lower stress, improve concentration, and improve cardiovascular and immune health

Simple meditation Instructions:

1. Sit in a chair with back straight and feet flat on the floor.
2. Notice the feeling of your breath coming in and out of your body. Nostrils, chest, or belly are the most common places to feel your breath.
3. As your mind starts to wander bring it back to the breath. Each time you do this you are exercising your mind.

(Tang,Yi-Yuan 2007)

Prevention Tip #6:

Socialize

- **Interacting with others is a stimulus for your brain.**
- Socializing has been associated with improved overall health.
- Try to find activities that are both meaningful and enjoyable for you.
- Stay connected to others.

Prevention Tip #6: Socialize

Loneliness and isolation cause as big of a health risk as lifelong smoking.



Prevention Tip #7:

Lifelong Learner

- **The more you use and sharpen your brain, the more benefits you will get.**
- Learning new things or continuing to practice things you already know also help to keep your brain stimulated and can prevent cognitive decline.
- Education at any age can protect against brain health decline.
- Brain games or classes can also help keep your brain healthy and stimulated.

Prevention Tip #7:

Lifelong Learner

Elephant Memory Game

You have 30 seconds to memorize the following words.

Phase

Bonds

Broker

Armory

Write down as many words as you can remember.

Chairman

Creator

Date

Graph

Account

Spare

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young!”

-Henry Ford

What will you do to maintain a **'Sharp Brain'?**

1. See your provider regularly
2. Be physically active
3. Eat a healthy diet
4. Get quality sleep
5. Manage and/or reduce stress
6. Socialize
7. Be a lifelong learner

Creating an Action Plan:

Starting this week I will...

- 1. What activity(ies) you are going to do.**
- 2. How much you are going to do.**
- 3. When you will do it.**
- 4. How often you will do it.**

Thank you for your participation!

We greatly appreciate your completion of the presentation evaluation. Your anonymous responses help us make improvements to our presentation. All comments and suggestions are truly appreciated.



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